Practical Cookery for All

Damson Jelly

6 lb damsons **3 pints water** **Sugar**

Time: about 1¾ hours. Temperature: low to moderate

METHOD: Wash the fruit Put it in a pan with the water and bring to the boil Simmer slowly until tender. Mash occasionally.

Strain through muslin and leave to drain for several hours.

Set the juice aside in a bowl and return the pulp to the pan, adding sufficient water to make it into a thin mash Simmer again for an hour and repeat the straining process. Add the extract to the juice in the bowl

Measure the whole of the extract, then put once more into the pan. When boiling, add the sugar—allowing three-quarters to one pound to each pint. Boil rapidly until setting point is reached Skim, pot and cover.

Elderberry Jelly

2 lb. elderberries
1 lb. crab or other sour apples
1 pint water
1 teaspoonful citric acid
Sugar

Time about 1¼ hours. Temperature· low to moderate

METHOD Wash all the fruit thoroughly Put it all into a pan—the apples uncored and unpeeled—with the water and acid. Bring to the boil. Simmer gently for an hour. Strain through a jelly bag—or muslin—and leave to drip for several hours.

Measure the extract. Return to the pan and bring to the boil. When boiling, add three-quarters to one pound of sugar to each pint of liquid Stir until dissolved. Boil rapidly for about ten minutes, then test.

When the jelly sets, skim, pot and cover.

Mint Jelly

2 lb. tart green apples
1 quart water
½ teaspoonful citric or tartaric acid
A bunch of fresh mint
Sugar
Green colouring

Time about 45 minutes. Temperature low to moderate

METHOD Wash the apples and cut in slices. Place, unpeeled and uncored, in the preserving pan with the water, acid and several sprigs of fresh mint Bring to the boil and cook until soft and pulpy, mashing occasionally. Strain through a jelly bag and hang to drip overnight.

Measure the extract before returning the juice to the pan and then bring again to the boil Add one pound of sugar to each pint of juice Taste for flavouring, and if more mint flavour is liked, hold a bunch of fresh mint, with cleansed and well-bruised leaves, in the mixture for a few minutes Continue to boil, then test for setting. Immediately it is ready, add the colouring matter. Pot and cover.



Red-currant Jelly with Mutton

Quince Jelly

4 lb. quinces **6 pints water** **Sugar**

Time. about $1\frac{1}{2}$ hours Temperature low to moderate

METHOD Wash the quinces well Cut them up and put in a saucepan with the water Bring to the boil and simmer gently for about one hour—or until fruit is clear and tender Strain through a jelly bag (or muslin)

To each pint of the juice add three-quarters to one pound of sugar. Stir well until dissolved, then continue to boil the quince jelly rapidly until setting point is reached Pot and cover.

Red-currant Jelly

3 lb. red currants **$\frac{3}{4}$ pint water** **Sugar**

Time about 50 minutes. Temperature · low to moderate

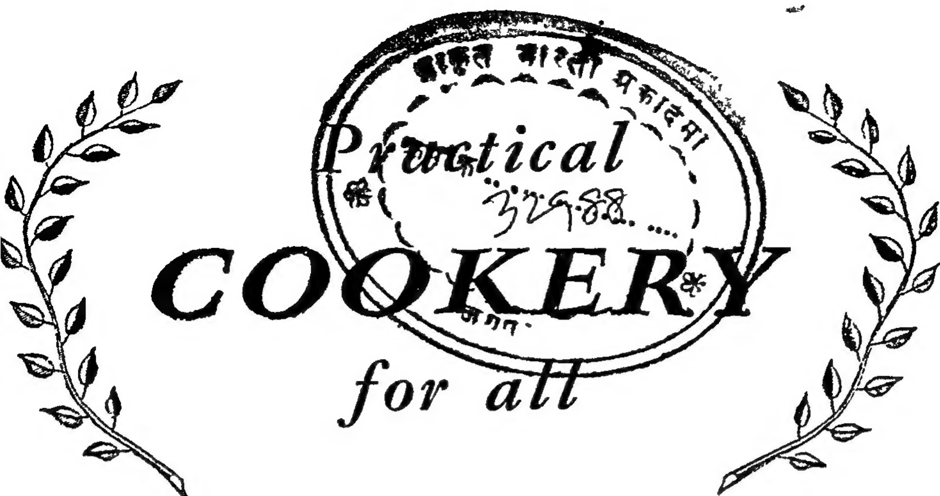
METHOD : Put the fruit into a colander and spray with cold water to clean. Do not remove the stalks Put into a preserving pan with the water. Bring very slowly to the boil Cook the fruit very gently until all the berries are pulpy—about thirty to thirty-five minutes

Strain through a jelly bag and leave to drip for several hours.

Measure the juice which is collected, then pour it into a pan and bring to the boil To each pint add three-quarters to one pound of sugar, stirring until dissolved. Continue to boil briskly for ten minutes. Test for setting. Pot and cover.



ROAST TURKEY WITH GARNISHES



Practical COOKERY *for all*

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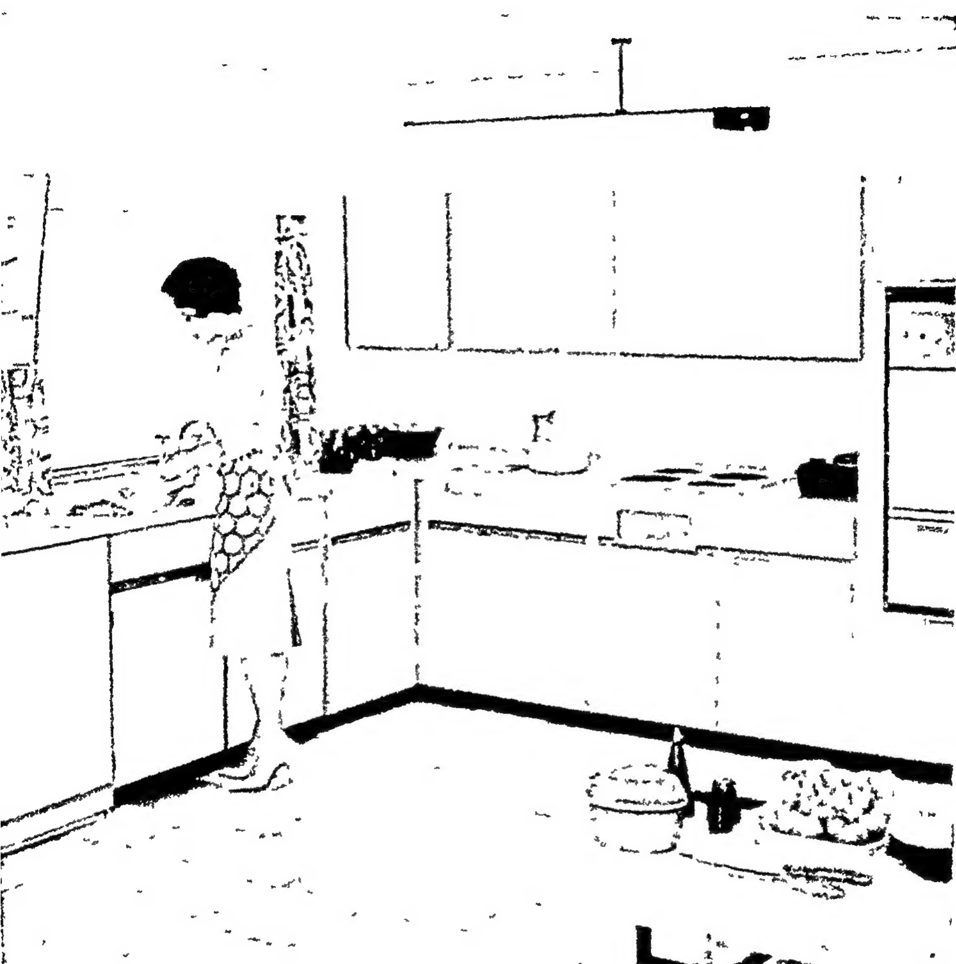
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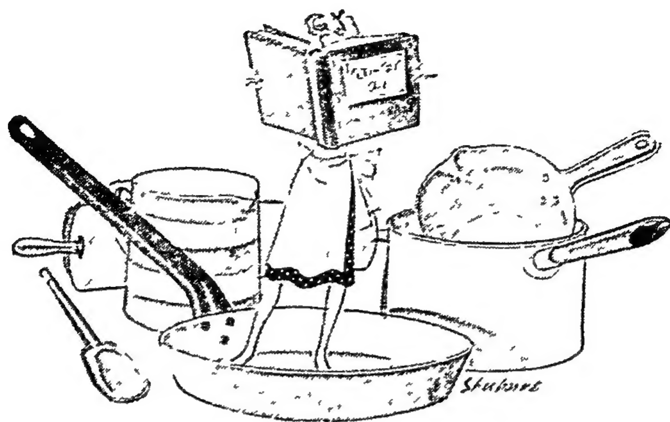
Colour Plates

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An up-to-date kitchen should be light, airy and labour saving. A "corner" arrangement is compact for a small kitchen, when the sink unit and work tops can be sensibly placed near the window Good planning gives ample cupboard space and working surfaces In the kitchen illustrated, the built-in electric cooker is in close conjunction with work table, sink and refrigerator, and the oven and separate hob are ideally positioned for trouble-free cooking

Section I: Principles of Cookery



The Kitchen

PLANNING IN the kitchen is more important than in any other room in the house, it is here, the very centre of the home, that the pattern of the housewife's life is determined Our grandmothers accepted the big dark kitchens that were so often in the basement and a long way from the dining-room The housewife of those days wasted much time and strength carrying heavy pots from the work table to stove, and from stove to sink In a modern well planned kitchen the compact kitchen units fit into the minimum of space and do away with fetching and carrying, so the task of running the home and feeding the family is no longer a burden, and the housewife of today has time for wider interests and leisure to spend with her family

When planning your kitchen study the shape and try to have room in the centre It is easier to walk straight across a room than round a table. Work out the best positions for the sink, the cooker and the work table The placing of these is important, they must be adjacent one to the other and each must have the maximum amount of daylight and be adequately lit by artificial light. Well-placed fluorescent lighting is ideal for the kitchen as it is practically shadowless, but if you don't like it there are many specially designed fitments that are equally good White is the best light and a diffusing glass globe in which the bulb is completely enclosed minimizes cleaning. Whether the globe is fitted flush with the ceiling or suspended on a rod is a matter of personal choice, room height and position. For rooms with high ceilings rod fittings that can be pulled down when needed are practical

The stove, sink and work-table can be either in line along one wall, preferably the window wall, or else grouped round the two sides of a corner,

or round the three sides of a bay. Cupboards can be arranged in the rest of the space in such a way that you can move freely about the room. All the necessary utensils should be stored as near to the work section as possible.

Another important point to be decided is whether you plan to have a dining section or whether it is to be a working-kitchen A kitchen where meals are to be eaten will naturally have to be larger, although it is always possible to adopt the space-saving idea of having an eating-table which lets down as a flap from the wall, and which can be pushed up when not in use

Walls and Floors

Kitchen walls should be light in colour, have a smooth surface and be finished with a non-absorbent material or paint that is resistant to steam and grease and will not deteriorate with frequent washing. Ceramic tiles are ideal as they are glazed and long lasting. But they are expensive and permanent and should be avoided if you like to change your decorative schemes at frequent intervals This also applies in a lesser degree to plastic wall tiles and laminated plastic boarding, which are not so expensive and more easily fitted A good enamel paint will give good service, it cleans well and is not such a task if you want to change your scheme There is also a rubberized paint which is made especially for kitchens and where there is a lot of steam, it has a good surface, checks condensation, and will accept a fair amount of washing Emulsion paints and distempers should not be used where there is steam and are not practicable in the kitchen Paint tends to discolour rather quickly where there is constant change of temperature, white will turn cream and colours loose their fresh look, but they can soon be refurbished with another coat In a well-ventilated kitchen where condensation is not troublesome a washable wallpaper can be used on the non-working walls, that is away from the stove and sink. Some washable papers are varnished but many have a smooth matt surface which does not absorb the dirt Wallpapers are not, of course, as practicable and as long lasting as tiles or laminated plastic, but they are quickly replaced.

Floors. Kitchen floor surfaces, like the walls, should be smooth and non-absorbent so that grease and moisture can easily be wiped up. Quarry or ceramic tiles are good but tend to break if something hard is dropped on them, they are cold and tiring to the feet and death to anything breakable Inlaid linoleum or thermo-plastic coverings are suitable and can be given a hard, non-absorbent surface with floor seal, which does not require more than a wipe over and occasional renewal Highly polished floors should be avoided in the kitchen as they are dangerous Rubber is inclined to absorb grease so is not recommended Both linoleum and plastics are made in tile form and are easily laid on a flat surface, any rough patches or unevenness of boards will soon wear holes in the coverings As linoleum rots quickly, and "lifts" where there is excessive damp or heat a surround of hard tiles round the stove and sink is to be recommended

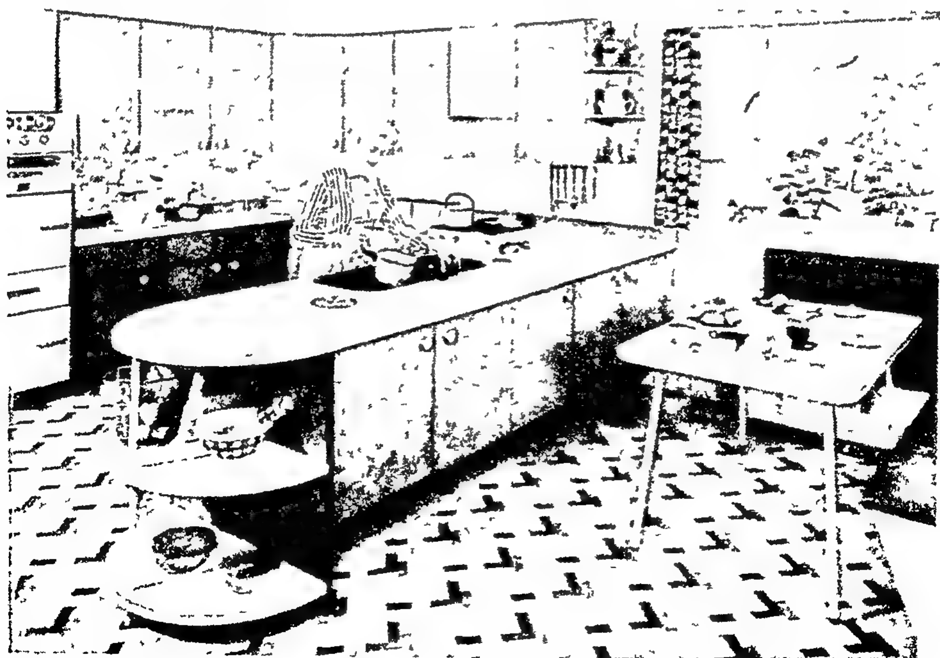
Bright colours are warm and cheerful but if the flooring is to be a permanent surface make sure you choose a colour that you really like and that will be

adaptable to any change of scheme, or you may come to hate it. Plain colours, especially in linoleum, show every mark. Mottled effects, small patterns and mosaics are serviceable and decorative

Colour Schemes

A scheme that is planned and not just a haphazard grouping of different colours is as important in the kitchen as in any other room. It is in the kitchen that the housewife spends a large part of her day and a riot of all manner of colours or shades of colour will destroy the unity of the scheme, which should be light and airy and restful to work in. A light, shiny surface will reflect back most of the light and make the room seem more spacious and cheerful Dark walls are depressing and gloomy, especially on a dull day.

First choose the colours for the permanent surfaces—floors, tiling, thermoplastic finishes It is advisable to have a neutral shade for large areas such as walls and ceilings—off white, light silver grey, or pale fawn are good background colours In a kitchen that faces north and where there is little or no sun warmer colours like—sunshine yellow (not too strong), delicate peach or light rust are preferable Sunny kitchens are best with the walls coloured in one of the cooler light greens, or blue, or soft violet shades. If your kitchen is very small keep one colour for the walls and ceiling and introduce contrasts into the floor, curtains and fittings Try not to have too much pattern and never have big, bold designs in a small room, they will dominate the scheme.



The centre counter with plastic covered surfaces and cupboard space beneath is well suited to the kitchen/dining-room The double sink is built-in to the work top

Stripes, small checks and floral sprays are the best choice for curtains A larger room can stand more variety of colour, the ceiling could be a contrasting tone or one wall may be papered with a gay washable paper.

Red is a good floor colour, it is cheerful and warm and will fit into a variety of schemes Royal blue, grass green and black are all favourites that will not show grease marks as do light greys, off white or fawn. Elaborate patterns are out of place in the kitchen and it is better, where there is not much floor space, to stick to plain colours In the larger, well-shaped kitchen a geometrical pattern made up of different coloured tiles is effective and smart.

Curtains. Woven fabrics absorb grease and dirt which is very difficult to remove and after a period of wear the colour and texture of the material are affected There is no need to use such fabrics in the modern kitchen as there are many new substances that have been specially designed for this purpose Nylon, plastic and, to a lesser degree, glazed chintz are non-absorbent and can be kept fresh and clean with very little labour Such fabrics can be obtained in a variety of shades and patterns suitable for use in the kitchen. Venetian blinds with plastic slats that can be wiped clean make good window furnishings, especially in a sunny kitchen that needs to be shaded during the day. A wipe over with a damp cloth keeps these clean and dust free

Kitchen Equipment

Modern kitchen equipment is simple in design without unnecessary corners and ridges to collect grease and dirt Surfaces are smoother and easier to clean and there is a choice of colours to suit any scheme

So that you may buy separate items of kitchen furniture and use them one with the other as a complete unit, certain recognized dimensions as to height, depth and width have been laid down as standard by the British Standards Institution and most fittings are made to these specifications This is a great help to the housewife planning a new home, she can buy each item of furniture as she can afford it, or add when storage space becomes used up, and always have a complete unit. The measurements are those that have been worked out by a team of experts and are considered most suitable for the average kitchen

Sinks. The modern sink is a colourful, well-designed addition to the kitchen, far removed from the fireclay and wooden grease traps of our grandmother's day There are colours to match your scheme, surfaces are highly glazed and polished and there are no dirty corners or traps to hold grease and germs Stainless steel, highly glazed fireclay, vitreous enamel, perspex and fibre glass are materials used for the modern sink There are double sinks without draining boards that can be fitted into a working surface, double and single sinks with one or two draining boards incorporated, some built as complete units with storage cupboards and drawers underneath

A good average height for a sink is 35 or 36 in. from the ground to the top of the rim, or, what is probably a better measurement 33 in from the floor to the halfway level in the sink where most handling is done If you

are taller than average you will need a sink higher than this A smaller person can stand on a board to be at a comfortable working height. It is not a good idea to lower the height of the sink unless you are sure no one else will use it. The correct way to measure for your own sink is to stand near to it with the arm straight down, the clenched fist should then just rest on the base of the sink, inside

When having a built-in fitment made to your own requirements make sure that there is ample foot room at floor level, if the cupboard is taken straight down you will be constantly stubbing your toes There should be a cut-away of about 6 in

A sink waste disposal unit can be fitted in a double sink. This is a good investment in a flat where there is difficulty in getting rid of garbage, it will digest bones and any food waste but rejects tin, pottery or spoons

Washing-up machines. Where there is a large family and large quantities of dish washing have to be done a washing-up machine would be a great labour saver. There are several models on the market.

Work Tables. The old-time kitchen table with its well-scrubbed wooden top has been replaced in the modern kitchen by counter work tops, with storage space beneath, or by a leaf that can be folded away when not in use Where the kitchen is used for the dual purpose of workroom and dining area a small table is necessary Working surfaces should be finished with a material that is readily cleaned, for this purpose laminated plastic, which may be obtained in a number of colours and designs, is good Vitreous enamel table tops are quickly and easily washed and can also be used as a pastry board It is a good plan, if possible, to have an area finished with marble, this acts as a very cool surface for pastry making

A kitchen stool should be given a place in the kitchen It must be the right height to be comfortable when working by the table or counter. Stools which can be converted into small steps are useful especially in a kitchen where there are high cupboards or shelves

Storage Space. Separate units of cupboards or shelves, all made to the specification laid down by the British Standards Institution can be purchased singly and arranged in the most satisfactory way to suit your kitchen They fit snugly together to give a streamlined appearance, without dust traps between, and if they are placed side by side there will be valuable working space These units provide the maximum amount of storage for the amount of room they take up they are made in wood, enamelled steel or aluminium. The painted finish should be good, hard steam-resistent paint and drawers and cupboards should open smoothly.

Metal mesh shelves and various types of holders for pots and pans, and their lids, are now available for fitting inside cupboards or on to the kitchen wall near to the cooker. These allow the air to get to the pans so that they will dry off well and not get musty.

Refrigerators. For the sake of good health a refrigerator is an essential part of kitchen equipment, especially where there is no suitable storage for perishable foods Each year new designs are developed and improvements made and the modern refrigerator is a unit in the scheme of the kitchen

which matches up with other fittings. Many of the smaller models are made with a scratch-proof table top which serves as an extra work surface, others can be built in as a permanent unit The trend in the large family refrigerator is to have a deep freeze cabinet incorporated for the long-term storage of seasonal foods Automatic de-frosting, an inside light, sliding shelves and adequate storage space are features to be considered when choosing a refrigerator There is available a small gadget that can be fitted on to the lead to give automatic defrosting

The country housewife who has a large supply of home-grown fresh produce will find a deep-freeze cabinet, separate from the refrigerator, a money saver In this she will be able to store all that is not required in the summer and have a good supply of out-of-season fresh foods throughout the winter.

The Cooker

Whether your cooker is run on gas, electricity, solid fuel or oil is a matter of personal choice or environment but it should be counted a treasured possession and chosen with the greatest care.

Each year new developments are introduced into cookers all of which are



There is generous storage space in this family-size refrigerator which boasts a 9·4 cu. ft capacity and 13 sq ft of shelf area The full-width freezer locker will hold adequate stores of frozen foods for the average family Note the clever use of all the interior door space and the salad drawer on the floor of the cabinet A push-button defroster is a special feature of this model

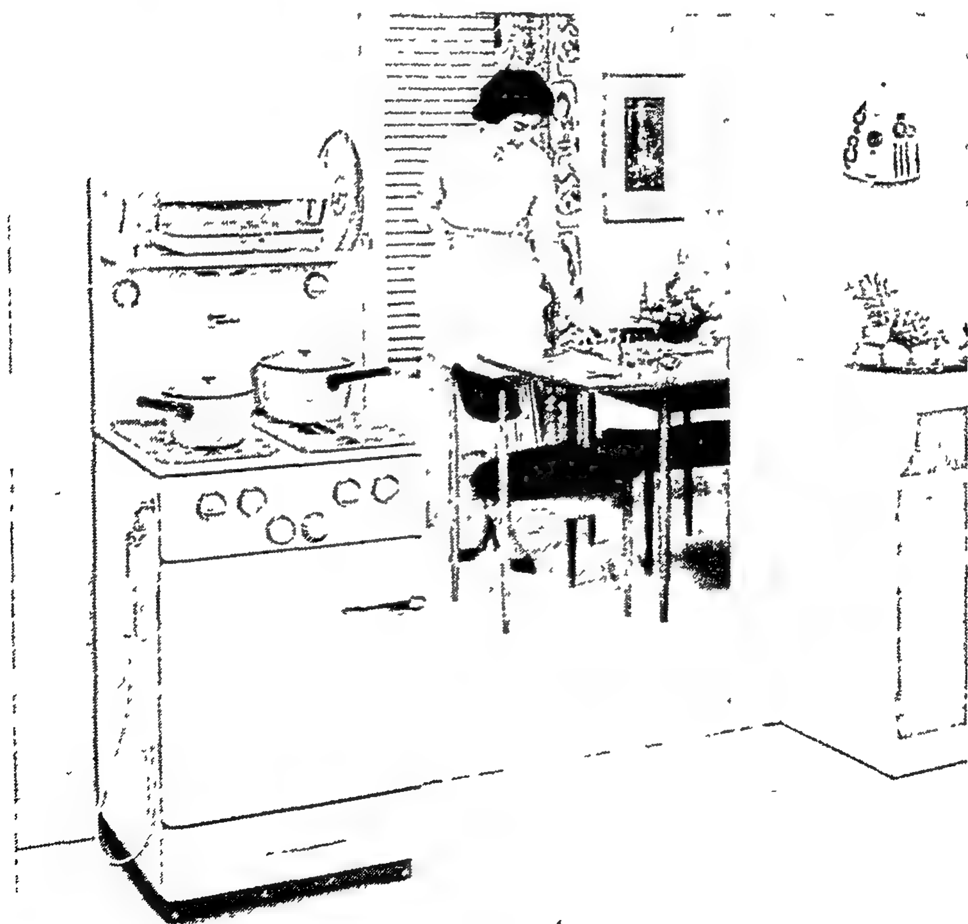
If your refrigerator becomes "frosted-up," as above, its efficiency will be lessened and the motor will be overworked To defrost follow the manufacturer's instructions carefully and keep the ice box as on the left

The maximum storage space with the minimum outside dimensions is a feature of this small, compact refrigerator which has a capacity of 3 cu ft If the food is correctly stored, as in the picture on the right, there is plenty of space to hold the requirements of a small family The glide-out shelves give easy access to the back making the removal of all the food unnecessary This model has a useful work table top

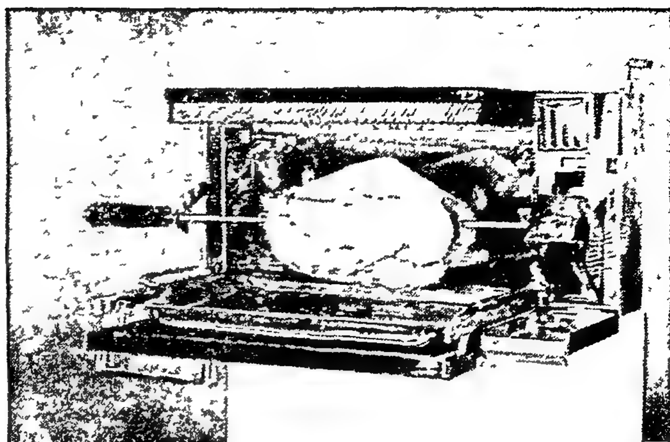


designed to make the life of the housewife less burdensome. Nowadays automatic time control cooking is almost as much a part of our lives as are thermostatically controlled ovens Eye-level grills and divided cookers with waist-high ovens save stooping and bending fatigue, while sealed hotplates, that prevent spillage from running through and clogging burners, and high glazed vitreous enamel finish are quickly dealt with by a wipe over with clean water and a cloth

Gas Cookers. The modern gas cooker has been revolutionized over the past few years and is far removed from the gaunt black "horror" that used to stand starkly in a corner of the kitchen Now the cooker, many times more efficient, is a bright, colourful piece of equipment designed to fit into the scheme of the modern kitchen



The modern gas cooker is designed to fulfil all the needs of the average household and it is so streamlined and clean that it will take its place as a part of the furnishings in the kitchen-dining area as perfectly as in the working kitchen With the new high-glazed vitreous enamel finish it can be kept gleaming and spotless at all times



This barbecue-grill is part of a modern gas cooker. The rotary spit is controlled electrically and it folds away, when not in use, behind an attractive stainless steel panel The large eye-level grill can also be used for normal grilling

The most popular model for the family is the vertical design, that is with the oven immediately below the hot plate. There are also range cookers, some with two ovens and a griddle plate, and divided cookers with the oven fitted separately at waist-high level. Small cookers, table cookers, separate grills, hot plates and boiling rings are available for the home where there is not much cooking to be done.

Each model has its own special feature, some with a strip light over the hotplate and a light in the oven For the housewife who likes to spit-roast her meat there is a combined barbecue-grill placed at eye level, the spit is rotated electrically and it is easily converted for use as an ordinary grill. When not in use the whole unit can be folded away behind an attractive stainless steel panel

All new cookers are fitted with safety pattern taps (push and turn type that cannot be knocked on accidentally) and automatic ignition to the hotplate burners, some have automatic ignition for the oven and grill as well It is also possible to have a burner thermostatically controlled which turns itself down when the cooking pot has reached the required temperature, milk won't boil over and a controlled temperature is maintained for precision cooking, required when frying or steaming.

Ovens, too, have many new features, one back burner instead of the side burners is general, giving more room and width for dishes. This can be lighted, when there is no automatic ignition, through a flash tube in the front of the oven. There is no screening of light with a drop-down door which can be used as a rest for dishes or the roasting tin while basting. Inner glass, heatproof doors are sometimes fitted to enable cooking progress to be checked without letting in a cold draught. In addition to the high glaze finish for easy cleaning some models have a roof to the oven that is completely removable Others have a roof that is hinged at the front and can be let down for cleaning

Modern gas cookers can be fitted flush with the wall and in line with other kitchen equipment as the flue is now brought out to the front at about hot plate level. One of the advantages of this is that there is no staining of walls



High speed boiling discs sealed into an enamelled hob Automatic oven control with the timer incorporated in the control panel situated, for easy access, on the splash-back behind the hob Inner glass door to the oven and a rotating-spit fitment inside are some features to look for in the modern electric cooker

by the food vapours and grease from the oven. A constant pressure of gas is ensured by the fitting of governors which keep the supply unaffected by changes in mains pressure

Other features to be found in the modern gas cooker are—separately heated serveries and warming compartments warning timers as well as time control mechanism; colour plastic, anodised aluminium or polished aluminium decoration On all new cookers there should be a seal of approval which shows that it has been tested and found safe and efficient

Bottle Gas. People who live in the country no longer have to rely on solid fuel and oil-burning stoves for their cooking Special gas is supplied in cylinders and this can be supplied to a modern cooker, but it is necessary to have special burners fitted

Electric Cookers. As with gas cookers the pattern of electric stoves has changed considerably over the past few years. Cooking by electricity is becoming more and more popular, the oven temperature is constant and even which makes for good baking, it is clean and there are no fumes, and with the development of the fast boiling plates it is no longer slower than other methods Automatic timing and heat controls are fitted to most of the larger models and the control panel is well placed at the back of the top.

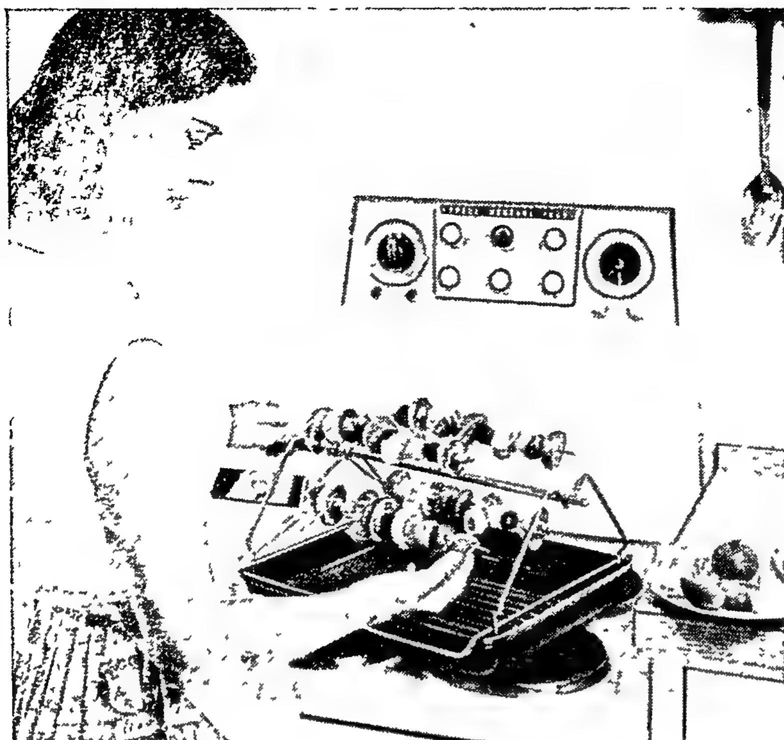
The boiling rings may be radiant coils or solid plates—on most cookers they are interchangeable—generally these plates are heat controlled and can be regulated for simmering, boiling and fast cooking The switch is turned on to full and when the required temperature is reached the power is automatically reduced to maintain the necessary cooking heat Radiant boiling coils glow when switched on and radiate the heat against the base of the pot, an aluminium reflector is situated below the coil to increase the efficiency. A wipe with a damp cloth will keep the reflector bright, and the coil lifts out for easy cleaning In some models the coil is hinged so that it can be lifted up without complete removal. The red glow of these plates acts as a safety measure in homes where there are young children or elderly people. There is also a radiant grill-boiler that will boil and grill at the same time.

Solid boiling plates give a black heat which, because the whole surface of the ring is in contact with the base of the cooking pot, gives an even and efficient heat over the whole of the vessel On some stoves one of these plates is fitted with a "booster" for quick boiling. To simplify cleaning the solid plates are being sealed into the hob, this prevents spillage running through, or there is a loose tray to fit under the hob

Generally in electric cookers the grill is placed just underneath the hob but a few models have eye-level grills and in others it is sited in the top of the oven, where it is generally found in the waist-high ovens of split-level cookers In this position it serves the dual purpose of grill and booster to the oven, a great advantage where there is a fitting for a rotary spit

Griddle cooking, which can replace grilling, is becoming increasingly popular and it is possible to have an aluminium plate that will fit over the solid rings of the cooker On such a plate bacon and eggs for four, or steak, liver, or chops can be cooked at one time

To the housewife perhaps the most valuable improvement in the modern



Delicious kebabs are easily cooked in the oven on a rotating spit

A griddle that fits over the front discs of an electric cooker will cook mixed grills, steaks, bacon and eggs, chops, and liver, enough for four to six people

A thermostatically controlled electric skillet will braise, stew, fry, roast or bake, at the table or where you will

cooker is the greater ease in cleaning. All models have a high glazed vitreous enamel finish which only requires wiping over with a damp cloth. Ovens can be lined with tin foil to catch the grease and it is simply replaced, when soiled, with a new sheet. Some ovens have a removable inside that can be taken out for easy cleaning Other features to look out for are—fireproof glass doors, warning computers, oven lights and a light over the hot plate One exclusive model is fitted with a rack control outside the oven, this moves the rack up or down to the required height without the glass door being opened And there is a heat thermometer which records cooking progress while the joint is roasting and sounds a buzzer when it is done

For those who have not the need for a full sized stove there is a wide choice of small cookers to be used as table models or on a separate stand

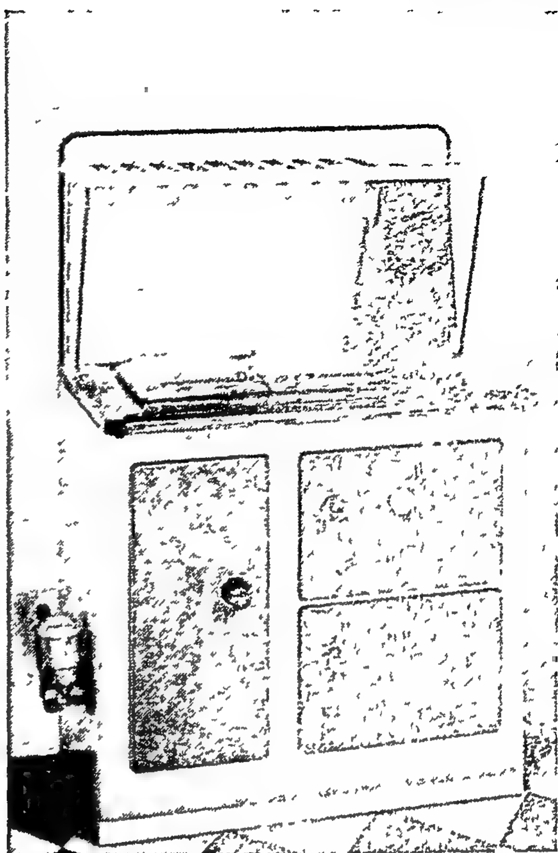
Other Electric Equipment. With the development of electricity and the popularity of barbecue cooking the actual cooking of the food is being taken from the kitchen to the dining table, and for this purpose more and more small equipment is being produced Among these are rotary spit grills, griddles, fry pans, stew pans and pressure cookers

To help in the preparation of food the housewife today has many electric aids, the mixer has attachments to turn it into an emulsifier, vegetable slicer and shredder, coffee grinder, juice extractor and a mincer. Electrically heated boiling plates, coffee percolators, kettles, water heaters, and toasters, are all aids that can be used in the kitchen or at the table

Solid Fuel Cookers. Recent research into household fuel costs has shown that solid fuel cookers, those heated by coal, coke, anthracite and manufactured fuels, are the most economical to run Not only is the fuel cost lower but one appliance and one fire can serve a number of purposes In addition to excellent cooking facilities, fast boiling plates and evenly heated oven, there can be a constant supply of hot water and warmth in the kitchen at all times of the day and night Equally with gas and electricity the modern solid fuel cooker has been designed to take its place in the kitchen of today, the streamlined vitreous enamel finish, that requires only a wipe over with a damp cloth to keep it gleaming is in keeping with other modern kitchen equipment, and some models are now being made in a choice of colours With clean, solid hot plates there is no sooting of pans and ash removal and flue cleaning are dealt with quickly and easily.

Heat storage cookers are fully insulated and slow burning. Originally they were designed to burn one type of smokeless fuel only but some of the new models will give good service from coal and other fuels as well The fuel is fed through a hopper to the enclosed firebox and the heat is stored in large hot plates and conductor plates, which, together with hot gasses heat the ovens and the boiling plates Most storage cookers are thermostatically controlled and the fast boiling plate, the simmering plate and the two ovens (one for fast cooking and a slow oven) are automatically kept at cooking temperature ready for immediate use at any time. The initial cost of these appliances is high but this is offset by the low fuel costs The small, slow-burning fire and the heavy insulation combine to give the maximum heat output with the minimum of fuel, and very little attention.





This new-look oil-burning cooker gives continuous service The cooking facilities are generous and the hot water supply constant. A high glaze, vitreous enamel finish, in a choice of colours, makes for easy cleaning

oil have been revolutionized The modern appliance requires little attention; it is installed in conjunction with a bulk storage tank which can be topped up automatically at regular intervals The oil is fed to the noiseless, odourless burner by gravitation and cleaning of the burner is necessary not more than once a year. No longer is there need to carry oil, clean the burner or do any dirty jobs

The new oil cooker and compound water heater is similar in appearance to the modern solid fuel cooker with gleaming, easy-to-clean enamel in a choice of colours and with black and chromium-plated fittings. The noiseless, natural draught burner maintains a constant temperature which can be regulated to your requirements by a precision heat control knob. A single fast boiling hot plate has two insulated covers and will easily accommodate a full complement of cooking utensils, there is also a simmering plate and two big ovens In the main oven, for roasting and baking, the full flavour of the dishes is maintained by the indirect method of heating, and it is fitted with a thermometer. The second oven is for casserole and overnight slow cooking Included in the running costs is kitchen warmth and a generous supply of hot water at all times, for domestic requirements, without interrupting cooking

As refuelling is automatic there is a tank full of piping hot water twenty-four hours of the day including first thing in the morning.



The domed lid of this saucepan-type pressure cooker, which has a safety locking device and three-way control, gives extra capacity for bottling



Separators, solid or perforated, are useful when different vegetables have to be cooked at the same time. There is a built-in guide to cooking times on the bayonet fitted handles

The pressure cooker shown above is electrically heated A Control Master, which contains a thermostat, pilot light and heat setting, automatically maintains the temperature you have selected There are no cleaning problems, as the Control Master can be detached to allow for thorough washing of the appliance

Pressure-cooking

There are several makes and types of pressure cooker on the market all similar in principle. The most up-to-date models resemble saucepans and are made from polished aluminium Fitted on the lid is a pressure weight or valve to give indication when pressure point is reached The register of the valve is variable and can be adjusted according to the food being cooked All pressure cookers have a safety valve which comes into action if excess pressure or excessive heat is built up in the pan, though such conditions will only occur if the instructions for the use of the pressure cooker are not correctly followed.

The lid itself is fitted with a rubber-type gasket which, as the pan fills with steam, seals it so that pressure can be built up As the pressure rises so does the temperature and these combine to cook foods quicker than by other methods, which results in a saving of time and fuel

Because there is little loss by evaporation during pressure cooking only a minimum quantity of liquid need be added to the food It is this liquid which, when it is brought to the boil, will give the steam required to build up pressure For this reason, melted fat cannot be used, but the meat for most stews, pot roasts, or braises, can be browned first in hot fat in the pan, a sufficient amount of water or stock is then added for the pressure cooking time

The liquid and food (seasoned or sweetened) are put into the cooker, the lid is closed and the pan is put on the heat with the valve open so that, as steam forms, the air contained inside will be expelled The valve is then closed, usually by means of a pressure-weight, and set at the pressure required Indication that correct pressure is reached is given by a loud hissing (caused by the second escape of steam) and signs of moisture round the valve seating Cooking time is calculated from this signal and the heat is then lowered to a minimum compatible with maintaining the pressure, which will be constant as long as there is a gentle hiss and a slight escape of steam When cooking is finished it will not be possible to remove the lid immediately—this is a safety device to ensure that the lid cannot be taken off whilst pressure remains in the pan. For most foods pressure can be reduced immediately by putting the pan in or under cold water, but for others it must be allowed to fall gradually by taking the pan from the heat. The lid can be removed when, by testing the valve, no steam is found to be left in the pan

As pressure cooking times are spectacularly short care must be taken that the correct ones, given in the manufacturers' instruction booklet, are strictly adhered to

Foods cooked by pressure in the absence of air and light have a higher retention of vitamins and, a minimum loss of food nutrients which ensures better flavour, good colour and more appetising results The residual stocks or juices can be used for soups, gravies, and sauces

The Tools of Your Trade

How to choose them and how to care for them

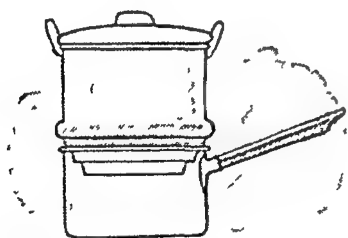
When you set up house, it is well worth spending both time and trouble over the choosing of your cooking utensils. If you have only a little money to spend, remember that a few well-chosen tools are worth more than a shopful of rubbish Not only will good utensils last a lifetime and thus prove cheaper in the long run, but, also, you can achieve far better results with them than with poor equipment. For instance, it is almost impossible to cook a good stew in a thin saucepan; indeed, shoddy saucepans are all too often the cause of badly cooked and even wasted food.

Just as a cabinet-maker regards his tool chest as the apple of his eye, so any cook should treat cooking utensils. Take a pride in them and keep them in good condition, and they will amply repay you for your trouble.

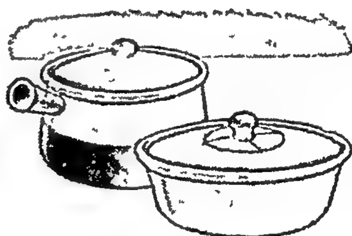
Here is a list of utensils needed by a family of two, with a further list of articles that should be bought as soon as circumstances permit

Frying-pan. This should be very thick and heavy and made of steel, iron or aluminium A thin pan will buckle and make good frying impossible.

Steamer. An aluminium steamer is now on the market so contrived that it will fit several sizes of pans If you have to buy an ordinary steamer, choose one to fit the 8-pint saucepan.



A steamer to fit any size of saucepan



Two kinds of earthenware casserole

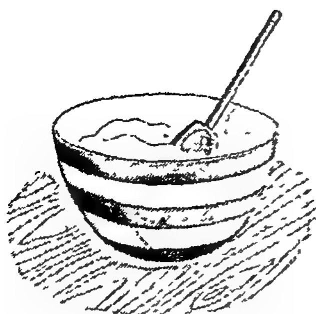
Casserole with Lid. Made of fireproof glass, earthenware or heavy enamel.

Roasting-pan. Choose a good, heavy pan which will not buckle It should fit comfortably into your cooker without touching the sides of the oven.

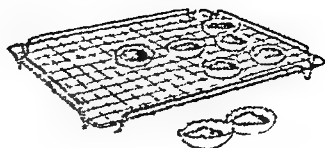
Baking Tray. Iron or steel baking trays are to be preferred. Choose one the same size as the roasting pan.

Bun Tins (also called patty-pans) Choose one tin to hold 12 buns, or 2 tins to hold 6 apiece. As cheap tins buckle easily, buy the best quality you can.

2 **Cake Tins** (6 in diameter and 8 in diameter). Cheap tins buckle easily, so buy the best quality you can.



A mixing bowl with deep, rounded sides is best



A wire cake rack is easy to clean

Mixing Bowl (10–12 in diameter) Deep, with rounded sides Made of earthenware, aluminium or glass

Colander (10 in diameter) Aluminium or enamel

Cake Rack. Made of wire

Can-opener. This must be strong and with a good leverage

Corkscrew. If possible, choose one with a cap that fits over the cork

2 Wooden Spoons, 1 large, 1 small

Kitchen Scissors. The stronger the better

Vegetable Knife. This must be sharp and stainless if possible It should not have a saw edge, as this makes paring difficult

Cook's Knife. Stainless if possible, and about 10 in long

Cook's Fork. Stainless if possible, with prongs about 3 in long

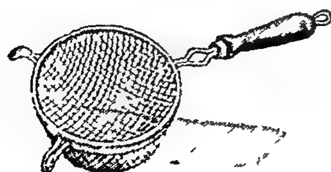
1 Tablespoon, 1 Dessertspoon, 1 Teaspoon. These are the minimum number required. It will be found, in practice, that more of these will be most useful

Chopping Board. There is no need to spend money on this, as any smooth, thick piece of wood, about 8 in × 6 in, will do

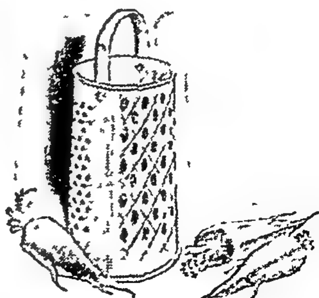
2 Pudding Basins (6 in. diameter and 8 in diameter). Made of earthenware, enamel, oven glass or aluminium

Grater. A "two-way" grater is greatly to be preferred to the ordinary type as it more than halves the time taken in grating food

Strainer (6 in. diameter) Made of wire or nylon, with hooks to fit over the bowl Buy the best quality you can

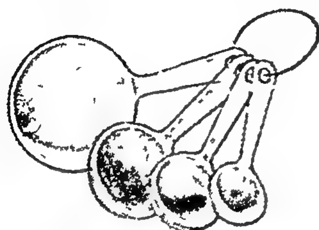


This strainer can be bought in all sizes

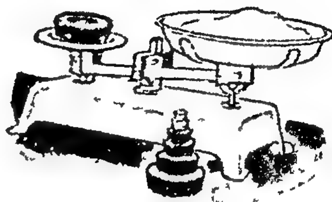


This type of grater is quick and easy to use

Kitchen Scales. If you choose one with separate weights, see that the weights are government stamped If you choose the spring balance type, buy it from a reputable dealer only. Scales are one of the more expensive items but they are well worth the initial outlay.
Nailbrush. Keep this for scrubbing vegetables
Fish Slice. Made of aluminium
Egg Whisk. A wire whisk about 8 in long is a good choice

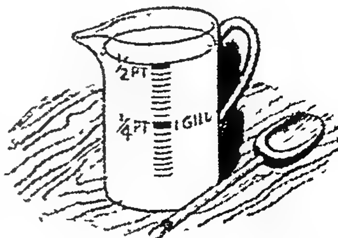


A useful gadget graduated measuring spoons



See that your scale weights are Government stamped

Kettle (3-pint size). Broad-based kettles are the most economical in their use of fuel For a solid-fuel range, choose a good-quality iron or enamel kettle with a base that will fit the rings of your stove For use in conjunction with an electric stove, an electric kettle (immersion heated) is the best buy as it uses less fuel For gas, good-quality aluminium is excellent. Some kettles have fins at the base which help to economize gas. If possible, choose a kettle with a thick, strong base, a well-shaped spout, an insulated handle and a well-fitting lid
3 **Saucepans with Lids** (1½-pint size, 3-pint size, 8-pint size) Wide, shallow pans usually use less fuel than narrow, deep ones Choose good heavy quality pans with well-fitting lids, thin saucepans buckle easily. All handles should be insulated Iron or steel saucepans are best for solid-fuel ranges. An electric cooker needs flat-based pans which have good contact with the boiling-plate Try to get at least one the exact size of the plate. For gas, good-quality aluminium is excellent If you choose enamel, buy only the very best quality, because it chips all too easily. A chipped enamel pan is dangerous, as bits of enamel may get into the food
Nylon or Wire Scourer. Useful for cleaning saucepans, etc.
2 **Oven Cloths.** These should be made of a very strong material such as hessian.
6 **Tea Towels.** It is important to choose linen towels because cotton does not absorb nearly so well, nor wear for so long.
2 **Swabs.** Meat cloths are excellent for these.
Soup Ladle. Buy the best quality you can.
Sink Tidy. Made of aluminium or enamel.
Refuse Bin. Choose one with a well-fitting lid
Measuring Jug (1-pint size marked in liquid ounces). Aluminium, glass or earthenware

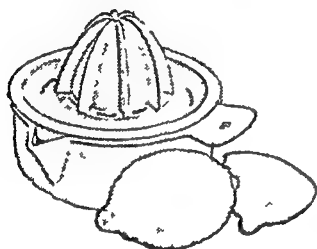


There are many kinds of measuring jug on the market

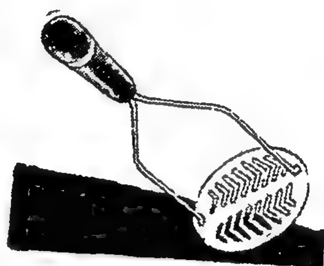
UTENSILS WHICH CAN BE BOUGHT AT A LATER DATE, WITH SUGGESTIONS FOR MAKING DO WITHOUT THEM

UTENSIL	HOW TO MAKE DO
Pastry Board. Choose a strong, smooth wooden board, in one piece, with reinforced ends, or a laminated plastic board.	Use an enamel baking sheet or laminated plastic table top. Old marble washstand tops are excellent substitutes.
Rolling-pin. This should be heavy, smooth, and made of hard wood.	Use an old vinegar or wine bottle. If this is filled with cold water and corked carefully, it is excellent for rolling pastry.
Preserving Pan. Made of heavy aluminium or enamelled iron A broad-based one is preferable to a smaller one	A large saucepan or an unchipped enamel bowl can be used in an emergency
Double Saucepan (3-pint size) Made of aluminium, steel or best grade enamel.	A basin or stone jam-jar can be used in an ordinary saucepan, with water bubbling half-way up the sides
Mincer. Choose a good, reliable make	Fine chopping will do, but this takes much longer
Set of Pastry Cutters. Usually made of tin.	Empty tins will do, pierce a few holes in the bottom of these, or the pastry will tend to stick to the tin
Pastry Brush. Choose a brush with good quality bristles	Fingers or a spill of clean paper can be used
Storage Jars for Cereals, etc. Choose glass jars with airtight, non-rusting lids With these jars you can see at a glance the state of your stores	Jam-jars can be used, and honey-jars with screw lids for the smaller stores.
Deep Frying-pan with Wire Basket. Made of heavy aluminium or steel	An ordinary saucepan can be used instead.
Palette Knife. This should be flexible and stainless if possible.	An ordinary table knife can be used
Perforated Cook's Spoon. This should be stainless if possible	A strainer can be used.
Measuring Spoons. There are various types of these on the market; graduated spoons, clipped together, as illustrated, are useful	Ordinary kitchen spoons can be used Equivalent measures are given in the chapter on weighing and measuring

UTENSIL	HOW TO MAKE DO
Potato Peeler. Choose one that can also be used for coring apples, etc	A vegetable knife will do for peeling
Potato Peeling Machine. There are also potato peeling machines suitable for home use	
Small Grinding Mill. Useful for grinding nuts, dry cheese, breadcrumbs, etc. Made in metal, it has a hand wheel	A wire sieve or a grater can be used, but this, of course, is harder to use



Made of plastic, this lemon squeezer is easy to clean



A good potato masher will last a lifetime

Electric Mixers. Large table models are fitted with several attachments for beating, mixing, slicing and shredding vegetables, extracting fruit and vegetable juices, coffee grinding, mincing, etc Small hand models are good for cake mixing and egg beating.	Wire whisks obtainable in a number of patterns, wooden spoon, or a fork.
Egg Beater. Beats up eggs, egg whites and cream very quickly	A fork, whisk or knife on a flat plate.
Pie Funnel. Made of earthenware or aluminium	An inverted egg-cup can be used
Potato Masher. Choose a heavy, well-made article	A large fork can be used, but this will be much slower
Lemon Squeezer. Made of glass, plastic or aluminium.	Fruit can be squeezed by hand, but not so efficiently.
Meat Safe. This is most useful in a home where there is no refrigerator. These are made in a variety of materials including wood and metal	One end of the slate or tiled shelf in the larder can be netted off and used for storing meat, fish, etc.
Wire Sieve or Nylon. Buy as strong a one as possible	A strainer can be used.
Saw-edged Knife. This is useful for slicing tomatoes, cucumber, etc.	A vegetable knife can be used.

General Care of Cooking Utensils

Always keep all cooking utensils scrupulously clean Dirty dishes spoil the flavour of food cooked in them and they also tend to wear out more quickly. Soak all dirty utensils as soon as you have finished using them Those used for mixtures containing eggs, flour or milk should always be soaked in cold water, as these foods become hardened by hot water and are, therefore, more difficult to remove Soak all utensils used for fish in cold water before washing them, as this removes the smell.

Individual cooking utensils should be cleaned in the following ways.

Saucepans. Do not pour cold liquid into a very hot pan, this would make even the thickest and most expensive pan buckle in time. Put all pans to soak as soon as you have finished using them Those used for milk, egg or flour mixtures, or for fish, should be soaked in cold water Do not hold by the handles during cleaning, as this often makes the handles loose, grip the sides of the saucepan as you clean Fine steel wool is excellent for cleaning, as it does not scratch the pans For aluminium pans, do not use soda or strong washing powders, and be certain to dry them thoroughly, or in time they will become rough and pitted If an enamel pan gets burnt, do not scour it, for this will scratch the enamel Boil salted water in it instead, until the burn is sufficiently soft to be removed easily. Poor-quality enamel pans chip easily, and this is dangerous as small particles of enamel come off in the food Never put an empty enamel pan on a hot stove, for this causes enamel to crack and chip Dry all pans well, and if possible stand them in a warm place to finish drying

Frying-pans. Wipe with a damp cloth immediately after use while still hot If washing is necessary use warm soapy water and a mild abrasive but never scour harshly Dry very thoroughly The surface is smoothed for omelettes, etc, by rubbing with cooking salt and warm fat. Wipe clean before use Treat "non-stick" pans according to makers' instructions

Kettles. If you live in a hard-water area, a marble kept in a kettle will help to prevent furring, or you can buy a special fur-preventing shell quite cheaply When you go away on holiday, either drain and dry your kettle or leave it quite full of water.

Casseroles. Fireproof glass and earthenware casseroles are made to withstand great extremes of heat and cold, but even so, treat them with care. Do not, for instance, plunge a very hot dish straight from the oven into cold water. When you clean casseroles, soak them well to soften encrusted food and so avoid harsh scouring

Roasting Pan. Unless this is made of aluminium, boil a weak solution of soda in water in your roasting pan once a week Wash and dry well

Cake Tins, Bun Tins, Sandwich Tins, etc. Harsh scouring spoils the surface. Wipe with a damp cloth while still warm, and dry well Otherwise wash in warm soapy water, rinse well and dry completely in a warm place, inverted.

Chopping Board, Pastry Board, Rolling-pin, etc. Always scrub wooden utensils to keep them thoroughly clean and well scoured. Dry thoroughly.

Useful Shopping Hints

and How to Store Food

WHERE POSSIBLE, shopping should be done in bulk Here are a few hints for buying and storing foods. For "how to buy" particular foods, see the appropriate sections.

Keep a pad and pencil in the kitchen and make a note when your supply of any food is running low Do not wait until it has run right out Consult these notes before you go out to do your shopping.

If your housekeeping money and the supply in the shops permit, it is a good plan to shop for unperishable foods, such as cereals, tinned foods, cleaning materials, etc , once a month only In any case, it should not be necessary to shop for them more than once a week.

Butter, bacon and fats should be stored in the coolest possible place, in a refrigerator for preference, but they will keep in a good cold larder for about a week Shop once or twice a week; more often in very hot weather Cheese should be kept covered in a cool place Shop twice a week

Milk and green vegetables should, if possible, be bought every day

Uncooked fresh meat should normally keep a day or two in a good larder, but if you are at all doubtful about its freshness cook it within 24 hours of buying it in cold weather, and 12 hours in hot

Fresh fish should be cooked on the day it is bought.

It is best to cook sausages and meat sundries the day they are bought, especially in hot weather where there is no refrigerator

Shop as early in the day as you can, as the choice is better at that time.

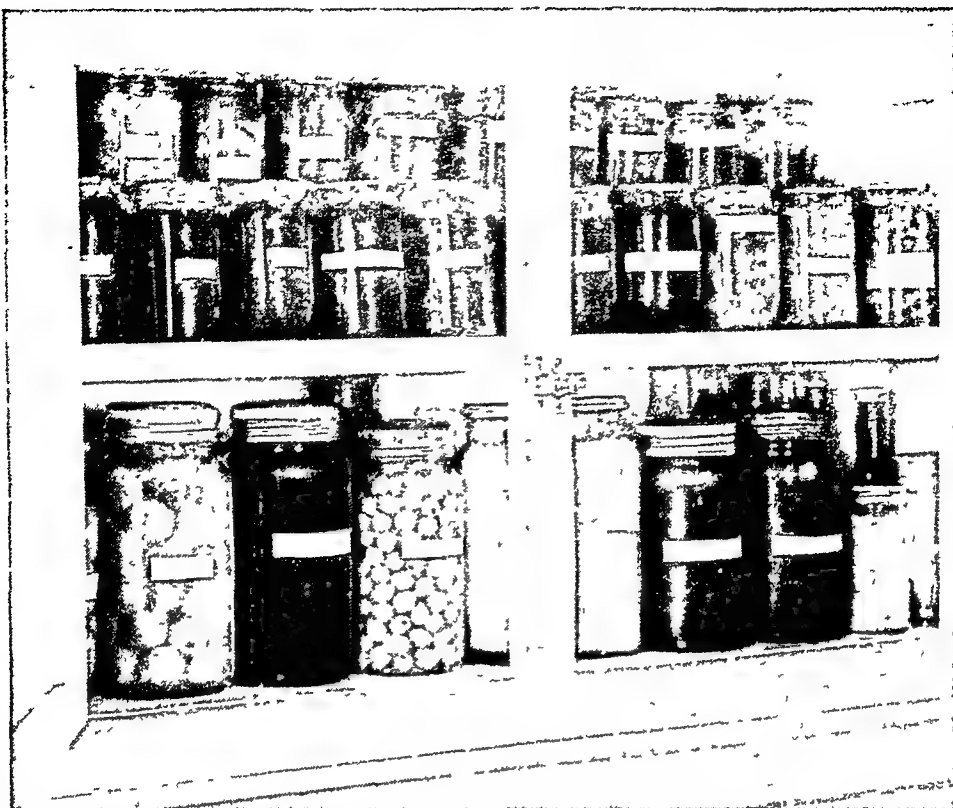
Do not buy at a shop which is not scrupulously clean or where food is exposed to dust from the street This question of dust is particularly important with unwrapped goods Foods are often cheaper when sold loose, but observe the way in which the loose food is handled before you buy it.

Vegetables which are wilted or which carry a great deal of earth with them are not cheap even at bargain prices.

Check over all purchases as you buy them If any are not in good condition, refuse them before leaving the shop.

The Larder

A larder or food cupboard should be perfectly clean, dry, well ventilated and light but not sunny It should face north or east whenever possible, so that it is cool both in winter and summer. If there is a window, keep it open always Fasten a gauze screen over the open part of the window, or a tightly-stretched piece of butter muslin fixed down securely, to keep out dust and flies Wash the muslin frequently



A well-filled store cupboard can bring great satisfaction to the housewife Preserves should be kept in a cupboard that is neither hot nor damp All bottles and jars should be examined regularly for signs of mould or fermenting Labels which show the date will ensure that jams and bottled fruits are used in strict rotation

Walls, shelves and fittings must be kept scrupulously clean. In a home where there is no refrigerator, the main shelf should be made of some cool substance such as glazed tiles, slate or stone. It is a good idea to have the length of this shelf netted to make a fly-proof safe The rest of the shelves should be painted with a high-gloss paint which will stand frequent washing. Arrange the shelves so that the housewife can reach to the back of them quite easily. A few strong hooks for hanging meat, poultry, etc , could be fixed in convenient places, either in the ceiling or the under-sides of shelves

Make a rule to look round the larder every day and plan to use up any left-over food in the day's menus. The larder should be cleaned out every week and the shelves washed down At this time, look at the condition of all the dry food, including dried fruit If dried fruit has become infested with insects, it should be washed until quite free from them, then dried and stored in a clean, dry jar. If other foods become similarly affected, they should be burnt at once and the jars thoroughly washed and dried.

A food with a strong smell must be kept away from other foods. Milk quickly absorbs the smell of fish; butter next to cheese will often become cheesy in flavour, and raw, cut onion will flavour many foods left too near it.

Perishable Foods

Perishable foods, such as meat, fish, etc., should be stored in a refrigerator or a meat safe, if this is not possible, try to keep a part of the larder exclusively for them Detailed instructions for storing these fresh foods will be found in the appropriate chapters.

Dry Foods

Dry foods such as oatmeal, rice, haricot beans, etc., should not be put away in paper bags. Glass jars with screw-top lids are ideal, for then you can see the state of your stores at a glance, but be careful to buy jars with non-rusting lids. If tins are used instead of jars, label them carefully and inspect their contents frequently. Never put new supplies of any food on top of old ones. Use up the old supplies before the new are started.

Canned Foods

When canned foods are bought for storage and not for immediate use, the date of purchase should be written in ink on the label so that the oldest may be used first Store them in a cool, dry place, for heat and moisture encourage corrosion of the cans

"BLOWN" CANS

If the end of a can bulges outwards, owing to pressure inside, and cannot readily be pressed back to the flat position, the can is said to be "blown" and the contents must on no account be used Leaking cans should also be thrown away. No attempt should be made to salvage the contents of blown or leaking cans by re-heating.

HOW LONG TO KEEP CANNED FOODS

Unopened canned foods can be kept safely for the following lengths of time·

Canned Beans will keep over two years.

Canned Fish will keep over five years.

Canned Fruits should not be kept for much longer than one year. Their flavour may deteriorate after that period

Canned Hams are only guaranteed for six months.

Canned Jam and Honey will keep at least three years. If, however, it is bought in tins with lacquered steel ends, it should not be kept much longer than one year. These tins can be recognized by their golden-brown ends instead of the usual silvery ones.

Canned Meat Products, such as tongues, galantines, soups, sausages, etc. (with the exception of hams), keep for over five years.

Canned Milk. Condensed unsweetened or evaporated milk will keep about three years Sweetened, full cream condensed milk tends to go sugary after six to nine months, which is not harmful but spoils both appearance and texture

Canned Vegetables will keep at least two years. Their appearance, not food value, deteriorates after that time.

Cookery Methods

METHODS USING THE TOP OF THE STOVE

How to Boil

To BOIL food means to cook it in water that has reached the temperature of 212° F., which is the boiling point for water. When this temperature is reached, the water bubbles freely all over the surface This violent agitation of boiling water hardens the fibres of flesh foods such as meat, poultry and fish and that is why boiling should not be used for such foods So, although we speak of boiled fish, boiled mutton and so on, in practice these foods should always be simmered

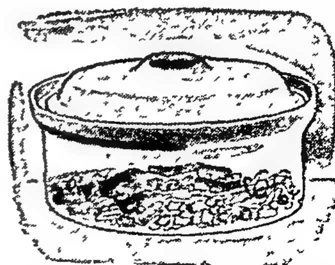
Chief foods which are boiled, not simmered, are vegetables, pulses such as lentils and haricot beans, cereals such as barley and oatmeal, pastes such as macaroni and spaghetti, and some puddings. When the water has come to the boil, control the heat so that it boils steadily but does not gallop Violent bubbling tends to break up food and does not cook it any faster than gentle boiling. Moreover, it wastes fuel.

For details of how to boil various foods see the following pages:

BACON, page 108	FISH, page 89	PULSES, page 134
CEREALS, page 171	MEAT, page 104	SAUCES, page 169
CUSTARDS, page 78	PASTES, page 172	SUGAR, page 217
EGGS, page 74	POTATOES, page 132	VEGETABLES, page 128, 130

How to Braise

Braising, widely practised in France, is a combination of stewing and roasting It is one of the best of all methods for cooking small joints and for the cheaper cuts of meat, as it is highly economical and also produces a most savoury result It is used for meat, game and poultry, also for root vegetables, onions, etc The true braising pan has a special lid in which charcoal is placed to supply a top heat. An ordinary stewpan, however, can be used, provided it is a strong one and has a well-fitting lid Braising may also be done in the oven.



Braising-pan with special lid for providing top heat

If possible, choose a pan that is fairly deep and just large enough to hold the meat comfortably. If the joint is a fat one, cut off the surplus fat before cooking or the braise will be too greasy. Chop a little of this fat

and melt it down in the saucepan. There should be just enough fat to cover the bottom of the pan. If no fat can be cut from the joint, use a little butter or cooking fat.

Now put in a layer about 2 in. deep of diced or sliced vegetables such as carrots, onions, celery and so on Put in a sliced tomato, if available Season with salt and add a few peppercorns and a bouquet garni. On top of the vegetables place the meat Put the lid on the pan and cook for about 15 minutes, shaking the pan every now and then to prevent the contents sticking. Next pour in enough stock or water barely to cover the vegetables It should not quite touch the meat. Put the lid on again and simmer very slowly until the meat is quite tender. It is a good plan to turn the meat when half cooked in order to brown the top.

The time needed for braising varies with the meat, but the table given on page 107 for Slow Roasting is a good guide. For braising vegetables, see page 130.

Serve the meat garnished with the vegetables. Serve the gravy separately.

CUTS SUITABLE FOR BRAISING

(in addition to any small joints)

Beef

Leg of beef (hind shin).
Round of beef, top rump or top side.
Flank or skirt.
Middle ribs, back and top ribs, shoulder piece or chuck ribs.
Brisket or plate (fresh).
Tripe
Cow heel.

Mutton and Lamb

Middle neck and scrag.
Breast.
Sheep's head.
Hearts.
Tongue.
Trotters.

Pork

Spare ribs and best end of neck, or blade bone or fine end.
Tongues.
Trotters.
Kidney.

Veal

Best end of neck.
Breast.
Heart.
Scrag.
Sweetbreads.

Poultry

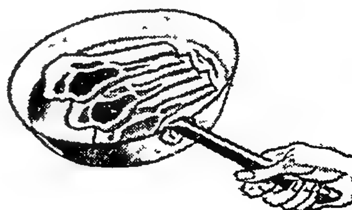
Any

Game

Any

How to Fry

To fry is to cook food in very hot fat in an open pan It is one of the quickest methods of cooking and is used for many different kinds of food such as fish, meat, fritters, potatoes and so on; it must *not*, however, be used for cheap, tough meat, nor for salt meat.



Bacon is quickly cooked in a shallow frying-pan

It is important to have a heavy frying-pan and to keep it scrupulously clean. To make the surface very smooth for frying omelettes or pancakes, the pan should be "proved"—that is, it should be sprinkled with salt, then heated and the salt rubbed well round the pan with a piece of cloth.

FATS FOR FRYING

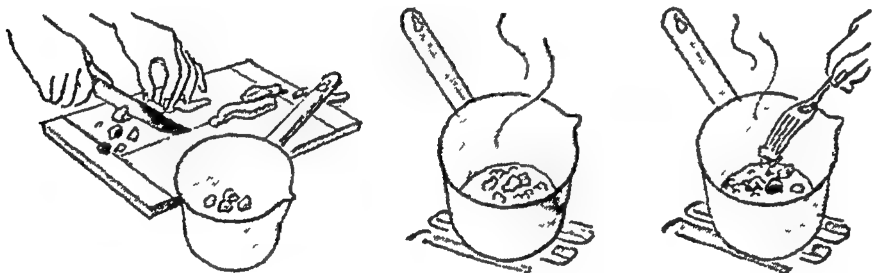
There are two essentials for good frying fat. It must be free from moisture, and it must have a high melting point, which means that it can be heated to a high temperature (about 300° F.) before it smokes and burns.

Margarine is not a good frying fat as it contains moisture and has a low melting point Butter, however, is often used for *sauté* vegetables, for frying an omelette or for lightly-fried fish, but care must be taken or it will burn Olive oil and nut oils are excellent for frying, so too are pure lard and a mixture of half beef and half mutton dripping.

HOW TO RENDER DOWN ANIMAL FATS

To render down is to melt the fat and thus free it from moisture, and the meat tissues which run through it. Both raw and cooked fats can be rendered down by the following methods:

First Method. Cut the fat into dice and cook in a slow oven or in a frying-pan over a gentle heat until all the fat has been extracted Then strain into a clean jar



To render down fat, dice and simmer as below

Second Method. Cut the fat into dice and simmer gently in a little water in a saucepan without the lid on. Simmer until the water has been driven off and the fat has melted Strain and use as before.

HOW TO CLARIFY FAT

To clarify is to clean After using frying fat several times it often becomes brown and discoloured Dirty fat means spoilt frying. There should be no trace of gravy and no particles of food in frying fat, as these cause the food to burn. Clean the fat in the following way

Put the soiled fat in a saucepan and cover it with water. Do not put on the lid. Heat until the fat has all melted, stir well to wash it, then pour the contents of the pan into a clean basin or jar. If the fat has many food particles in it, strain into the basin through a piece of butter muslin. Let the contents

of the basin get quite cold You will now have a firm layer of fat on top of the water. Lift this off, turn it upside down and you will see that all the impurities are at the bottom. Scrape them off and wipe the fat dry.

If the fat is to be used at once for pastry, etc, it is now ready, but if it is to be kept for some time, or is to be used for frying, all the moisture in it must be driven out. To do this, melt it in a clean saucepan and heat gently until all trace of bubbling has stopped If the fat has a fishy or other strong flavour, cook a raw sliced potato in it while you are driving out the moisture The potato will absorb the flavour.

HOW TO COAT FOOD FOR FRYING

Most foods need one of the coatings given below to prevent the fat from soaking into them during frying. Foods which need *not* be coated are meat, bacon, sausages, oily fish, potatoes, vegetables and doughnuts.

COATINGS FOR FRYING

Plain Flour (or Oatmeal) seasoned with Salt and Pepper. This is the simplest coating of all and may be used for fish and a few other foods which are damp, such as potato cakes. It is particularly suitable for shallow fat frying (see below) The flour should be seasoned with salt and pepper to taste Dip the potato cakes, fish cakes, etc, into the flour, then pat it on to make it stick Loose particles of flour (or oatmeal) should be shaken off gently For method of coating fish see page 86

Seasoned Flour (or Oatmeal) and Milk. This is another useful method for shallow fat frying. Dip the food in the seasoned flour or oatmeal, then in milk, then in the flour or oatmeal again

Egg and Breadcrumbs. Brush over the food with beaten egg, making sure that the whole surface is covered Then dip in fine white breadcrumbs (see page 198) and pat well to make them stick. The crumbs must be fine or they will fall off and spoil the fat; the fish must also be well dried before frying, or the egg and breadcrumbs will not adhere.

Batter. This is a good method for deep fat frying Dip the food in a fairly thick batter made of flour with beaten egg and milk, flour and milk, or in emergencies, flour and water Season with salt and pepper. The batter must be thick enough to coat the food evenly; a thin batter will run off the food.

There are two ways of frying food: shallow or dry frying and deep fat frying.

Shallow or Dry Frying

In this method you only need enough fat to cover the pan to a depth of about one-eighth of an inch. Bacon and oily fish such as herrings can be fried in their own fat. Be careful to use clean fat only (see page 35) Heat the fat gently, taking care it does not brown and burn through over-heating Do not put in the food until there is no trace of spluttering and a faint blue smoke is rising from the pan When the food is well browned on one side, turn it to brown on the other.

TIMES FOR SHALLOW FRYING

	Mins		Mins.
Bacon rashers. The slower the better. (See page 108) about	5	Kidneys	6–10
Beefsteak. (See page 105)	10–20	Liver	6–10
Fish. (See page 86)		Mutton cutlets .. .	7–10
Gammon rashers. Depending on thickness. (See page 109)	10–20	Pork chops	20
		Veal chops	20
		Sausages	10–15

Deep Fat Frying

A deep, heavy pan is needed for this method. If you do not possess a deep frying-pan, use an ordinary saucepan, but choose a thick one. A frying-basket (see illustration) is useful for lowering fish, etc., into the fat and lifting it out, but it is not essential A fish-slice can be used instead For suitable fats see page 35. The fat must be deep enough to cover the food, but the pan should not be more than half full of fat, this allows for the bubbling that always occurs when moist food is lowered into hot fat Heat the fat gently until it has stopped bubbling, is perfectly still and has a faint blue smoke rising from the surface If you use a thermometer, see temperatures below



This simple equipment is all that is needed for deep fat frying

TEMPERATURES AND TIMES FOR DEEP FRYING

Food	*Temperature*	*Time required*
Croquettes and fish cakes	390° F.	2–3 minutes
Chops, coated with egg and bread-crumbs	360–400° F.	5–8 minutes
Doughnuts	360° F.	5–8 minutes
Fritters	370° F.	3–5 minutes
Fish fillets and small whole fish	370° F.	3–6 minutes
Potato chips	370–390° F.	5–8 minutes

Filling the Pan. Lower the coated food gently into the fat. Do not put too many pieces in at once or the fat will get too cool. Always bring the fat back to the right temperature before putting in more food

Draining and Serving. Lift the food out carefully in the frying-basket or with the fish-slice. Let the fat drain off, then place the food on a double

fold of absorbent paper. It should be quite free from grease when served

Saving the Fat. When frying is finished, strain off the fat into a basin and keep for a future occasion Clarify it if necessary.

Common Errors in Frying. Fried foods become greasy and sodden either because they have been insufficiently coated with batter, or because the fat was not hot enough.

How to Grill

To grill (or broil) is to cook food by exposing it directly to a fierce red heat All types of stoves are now fitted with grills, some at eye-level, all of which should be pre-heated before use. The food is placed on a grid which stands in a pan to catch the drips.

Barbecue-grills, for out-of-door cooking, are a revival of the older method of grilling over a clear glowing fire.

Cooking meat and poultry on a spit (now incorporated in some stoves) or on heavy grid-irons over heat, is another form of grilling, in spit-cooking the heat is applied directly to the food

SUITABLE FOODS FOR GRILLING

Foods for grilling should be small and thin for they must cook quickly. Meat should be of the best quality or it will be tough The best cuts of beefsteak, also lamb, mutton, pork and veal chops, and liver, bacon, kidneys and sausages are all suitable for grilling Other foods which can be grilled are fish, mushrooms, tomatoes, fish cakes, rissoles and hamburgers. A gas or electric grill can also be used for making toast and for browning savoury dishes

GENERAL RULES FOR GRILLING

The manufacturers of stoves usually supply instructions for their use, but the following general rules for grilling may be found useful·

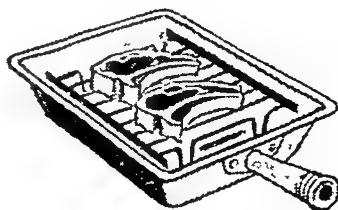
Grill, grid and pan must be kept scrupulously clean Grease the grid before placing any food, other than bread, on it Mutton fat is good for this purpose Make the grill red-hot before cooking is begun

Lean meat should be brushed over with fat, preferably salad oil, before grilling For how to grill fish, see page 85

Turn meat several times during grilling to prevent it from getting too brown Do not pierce the surface of lean meat or the juices will run out Turn it with a spoon and the flat blade of a knife

To tell when a steak is ready, press with the flat side of a knife. If the meat springs back after pressure it is ready Overcooked steak is hard and without springiness

Always drain the fat out of the pan and use for cooking



Lamb cutlets are easily cooked in a grill pan

TIME-TABLE FOR GRILLING

Bacon rashers ..	3–5 minutes, according to thickness. Be careful to see that the fat is lightly browned
Beefsteak ..	12–15 minutes, if about 1½ in in thickness.
Fish	See page 85.
Gammon rasher	10–15 minutes, according to thickness.
Kidneys	5–10 minutes
Liver	5–10 minutes, according to thickness.
Mushrooms ..	5–10 minutes
Mutton cutlets	6–10 minutes.
Mutton chops ..	10–15 minutes, according to thickness.
Pork or veal chops	15–20 minutes, according to thickness.
Sausages ..	10–12 minutes.
Tomatoes (halved)	8–10 minutes.

How to Poach

To poach is to cook food by simmering it in water or other liquid in an open pan The method is used for eggs (see page 75), and fish (see page 88) It is an excellent method of cooking invalid food which must be easily digested

How to Pot Roast

To pot roast is to cook meat or poultry in a little fat in a saucepan with the lid on. A heavy saucepan is necessary, and so, too, is a tight-fitting lid Pot roasting is a useful method for small joints when no oven is available. The following points should be observed:

Wipe the joint and, if necessary, tie it into a neat shape with a piece of tape.

Choose a saucepan into which the joint fits comfortably.

Melt enough fat to cover well the bottom of the saucepan, and make it very hot.

Now put in the joint and brown it well on all sides, not merely on the top and bottom.

Reduce the heat and cook slowly until the meat is quite tender If the joint is lean, baste occasionally. A few onions, etc , may be cooked round the joint, if desired, to improve the flavour.

TIME-TABLE FOR POT ROASTING

Beef or mutton ..	About	35–45	mins	per lb ,	according to	thickness
Lamb .	„	40	„	„	„	„
Pork . ..	„	45–50	„	„	„	„

Poultry, etc., times are as for slow roasting, see page 107.

How to Simmer

To simmer is to cook a food in a liquid at a temperature just below boiling point. Simmering point of water is 185° F. If you have not a thermometer, you can tell when simmering point has been reached by looking at the surface of the liquid. If an occasional bubble comes to the surface, the liquid is simmering, but if bubbles arise continually, the temperature is too high Many foods, such as meat, fish and poultry, should be simmered instead of boiled, because boiling toughens their fibres.

How to Steam

To steam is to cook food in the vapour which rises from boiling water, either in a steamer or by placing a basin or other container in a pan with boiling water coming only part-way up its sides Steaming is a somewhat slower process than boiling but, if not hurried, it ensures that the fibres of flesh foods are tender. It is particularly useful for poultry that is not so young It is sometimes used for meat, especially for invalids, but, although tender, the meat is tasteless and needs an appetizing sauce.

To steam a pudding without a steamer

When steaming, the steamer or pan must be kept boiling steadily.

The steamer or pan must never be allowed to run dry or the food will be ruined There must be enough water in the pan to provide plenty of steam Look at the water level at frequent intervals and, if too low, add boiling water as required.

How to Stew

To stew is to simmer food very slowly with a little liquid in a covered pan on top of the stove or a covered stew-jar or casserole in the oven The following points should be noted:

Long, slow simmering is necessary. A stew must never boil. There is an old saying, "A stew must smile, never laugh."

Too much liquid spoils a stew, which should be thick, not soup-like.

In preparing a meat stew, if the meat is not tough, lightly fry it before putting it in the pan or jar.

Root vegetables should be cut into small pieces and lightly fried before being added. Onions, leeks, etc , should be sliced and fried lightly.

Flavour the stew carefully with herbs and spices

Never undercook a stew. Time for cooking a meat and vegetable stew is at least two hours.

How to Bake

To bake is to cook food in the oven, that is, with hot air round it. If the baking is to be successful it is imperative that you should know the heat of your oven as different foods require different temperatures. In the past a housewife would judge the heat of the oven by putting her hand into it If she could hold her hand there comfortably the oven was at *slow*, if her hand was not too comfortable the oven was *moderate*, and if the limit was to count ten the oven was *hot* But of course it was only by very careful regulating of the heat that a constant temperature could be maintained Today this method of testing is not necessary as all modern cookers are fitted with thermostats or built in thermometers If an older type cooker is being used and there is no heat indicator, or if for any reason you need to check the temperature of your oven, a small oven thermometer would serve very well First see that it gives a correct reading by putting it into boiling water (it should read 212° F) Then arrange it so that the bulb is in the exact centre of the oven, shut the door and leave it for 15 minutes Read the thermometer as soon as you open the door, as the cool air coming in will quickly cause the mercury to drop and the reading will be incorrect. This gadget only gives an indication of the inside temperature of the oven and in no way regulates the heat of it

With the exception of one or two smaller models the ovens on every gas, most electric and some solid fuel cookers are thermostatically controlled

Gas Ovens. The oven temperature on a gas cooker is controlled by a thermostat dial numbered ¼ to 9, it may also include a "low" setting for

GAS OVEN CHART

Type of Food	*Thermostat Setting*	*Approx Temperature Centre Oven*	*Heat of Oven*
Fruit Bottling ..	¼	240°	Very Cool
Stews	½	265°	
Custard & Egg Dishes, Milk Puddings	1	290°	
Rich Fruit Cake	2	310°	Cool
Slow Roasting, Shortbread	3	335°	Warm
Madeira & Plain Fruit Cake, Biscuits	4	355°	Moderate
Queen Cakes, Sponges	5	380°	Fairly Hot
Plain Buns, Plate Tarts, Short Pastry	6	400°	
Quick Roasting, Scones . .	7	425°	Hot
Flaky Pastry . .	8	445°	Very Hot
Puff Pastry	9	470°	

plate warming and keeping foods hot The actual temperatures at the numbers may vary slightly from cooker to cooker because of the design of the oven, but all cookers cook the same foods at the same thermostat numbers, and if you change your cooker go on using the same numbers that you did before.

The chart on page 41 is intended to act as a "ready reckoner." Determine the number of the thermostat by the type of food rather than the temperature, which is only given approximately because of this variation.

Solid Fuel Ovens. Where there is a heat regulator for the oven of a solid fuel cooker it is worked in a similar way to a gas oven thermostat, by turning a knob that is marked off in numbers.

Electric Ovens. The thermostatic control on an electric oven is generally found on the switch and it is marked off in degrees of temperature, except on small table models when it is divided into slow, medium and high It is possible with some of the larger type ovens to have a *very low* switch fitted for simmering and plate warming but this is usually an extra Most electric cookers have a light fitted to the switch which goes out when the required temperature is reached.

Automatic Control. Very few of the full size family electric cookers are not fitted with automatic control and it can usually be had as an optional extra on smaller cookers This is worked by a clock face situated behind the hob, and it can be set to switch the heat on and off when required so that cooking takes place automatically in your absence

General Hints on Baking

In most ovens there are different zones of heat, which means that foods requiring varying temperatures can be cooked at one time by placing them in different parts of the oven. How this works in your own oven is something you will have to find out for yourself from the manufacturer's instruction chart, or from your local gas or electricity board As a general guide—in gas ovens the centre corresponds with the temperature at the thermostat number, therefore cakes and puddings should always be placed in the middle of the centre shelf at about handle level The top shelf is about 10° F. higher than the middle, and the lower shelf is about 15° F lower, while the floor itself is about 30° F. lower than the middle Always keep the manufacturer's instruction chart with you and check that you are using the shelf position recommended by them

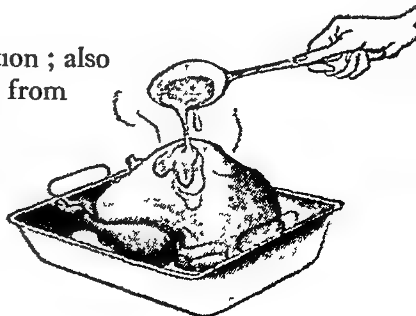
Never use trays or tins larger than those supplied with the cooker or the browning may not be quite even Always put trays and tins into the oven with the long sides parallel to the burners

Either heat the oven for the time recommended by the manufacturer before putting the food in, or put it directly into a cold oven before lighting the gas, either way the results will be satisfactory but the latter way is not recommended for light sponge cakes It is good, however, if meat has been taken from the refrigerator and has not had time to thaw out.

Use your own judgment as regards cooking time for a dish, it may, owing to varying pressures or some other reason, not be exactly as stated

Cookery Terms Explained

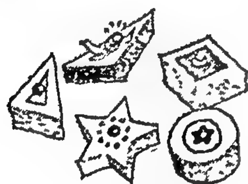
À la. Meaning merely, "in the style of"
À la broche. Roasted in front of a fire on a spit or in a Dutch oven.
À la carte. Opposite of *table d'hôte*, meaning that each dish is ordered and priced individually.
À la diable. The French way of saying "devilled" In other words, any very hot or highly seasoned dish
À la française. Dishes that are prepared in the French way.
Apéritif. A cocktail or other drink served before a meal to stimulate appetite
Appetizer. A titbit served before a meal or as the first course. A drink such as sherry, cocktail, etc.
Aspic. A transparent savoury jelly, generally made of seasoned meat stock It is used to garnish meat or fish, or to make moulds of meat, fish or game.
Au bleu. Applied to fish cooked in fish stock with wine added
Au four. Baked in the oven
Au gras. Rich, Applied to dishes with meat in a rich gravy.
Au gratin. Any dish covered with sauce, breadcrumbs or cheese and afterwards baked or grilled The food is served from the dish in which it was cooked.
Au maigre. Opposite of *au gras*. Applied to meatless or Lenten dishes.
Au naturel. Simply-cooked food, or food served raw such as oysters
Baba. A light yeast cake, usually soaked in rum or spirit
Bain-marie. A large shallow pan to hold water in which several small saucepans can be heated without their contents boiling. An alternative to the double saucepan, but often used to keep cooked food warm
Bake, to. To cook by dry heat usually in an oven
Barbecue. Meat basted with a highly-seasoned sauce, e g lamb basted with hot red-currant sauce
Baste, to. To spoon melted fat or liquid over food during cooking to keep it moist
Batter. A mixture of flour and liquid such as milk, egg, etc , of such consistency that it can be beaten or stirred Used to coat foods for frying or as pancakes, etc May be sweet or savoury.
Béarnaise. A rich, white herb sauce.
Beat, to. To mix air with food by vigorous motion ; also used to make a mixture smooth and free from lumps A wooden spoon is best for beating thick mixtures , an egg-whisk for thin ones.
Béchamel. A rich, savoury white sauce.
Beignets. Pancake batter fried in deep fat or fritters of different kinds
Beurre noire. Browned butter.
Bisque. A rich, thick, cream soup, usually made from shell-fish, e g. lobster


Baste

Blanch, to. Literally to whiten, but used here to mean dipping food into boiling water for a few moments and then into cold. To blanch almonds, boiling water is poured on them to whiten them and to remove the skins.
Blend, to. To combine two or more ingredients
Bombe glacé. A mould lined with one kind of ice cream and then filled with ice cream of a different flavouring
Bonbon. Sugar confectionery—sweets.
Bouchées. Small patties of light pastry sufficient for one mouthful.
Bouillon. Unclarified broth or stock made from fresh meat.
Borsch. Russian soup containing beetroot
Bouquet garni. A small bunch of mixed herbs used for flavouring soups, stews, etc Ideally, this should consist of a sprig each of parsley, thyme, basil, marjoram, with a bay leaf and a strip of lemon peel, tied together with cotton It must always be removed before the dish is served. When fresh herbs are unobtainable, dried herbs tied in a piece of muslin may be used instead.
Brioche. Very light French rolls
Broil, to. To cook by exposing food directly to the heat.
Browning. A substitute added to stews and gravies to darken them.
Brush, to. A thin, even coating of beaten egg or milk applied to pies, buns, etc, immediately before they are put in the oven It gives the pastry or bun a glossy appearance and helps it to brown more quickly and deeply. Pastry brushes are sold for this purpose

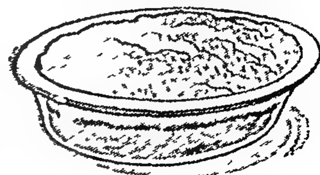

Brioche

Café au lait. Coffee with milk (white coffee).

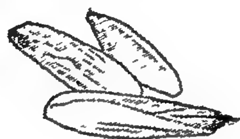

Canape

Canapes. Small pieces of toast, fried bread or pastry on which little savouries are served
Cannelons. Small pastry rolls filled with mince
Capon. A castrated male chicken. It grows large and has tender meat.
Caramel. A substance made by heating sugar until it turns dark brown. Used for coating moulds, flavouring dishes, etc
Caramelize. To turn sugar into caramel.
Casserole. A baking dish with a well-fitting lid used for cooking stews, etc., in the oven. Usually made of fireproof earthenware or glass, or of heavy enamel

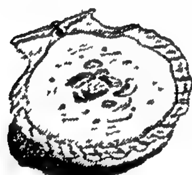
The food is generally served from the casserole at table.
Caviare. Salted roe of sturgeon or similar fish.
Cereals. Grains, such as wheat (including semolina), oats, barley, rye, rice, etc.
Charlotte. A sweet made of fruit, generally apple, and either breadcrumbs or slices of bread and butter


Charlotte

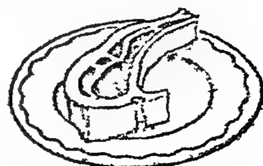
Charlotte russe. Generally a mould lined with sponge cake or sponge fingers and filled with a mixture of cream and fruit, and jelly.
Chartreuse. Mould of fruit, jelly or savoury mixture
Chaudfroid. A cold sauce used for coating meat, game or fish.
Chervil. A herb used to flavour salads.
Chicory. Used for salads and as a vegetable
Chine, to. Mutton or lamb is "chined" by the butcher when he severs the backbone from the ribs.
Choux. A kind of pastry. Used for such things as cream buns and éclairs.
Chowder. An American stew made with pickled pork, fish, potatoes, and other vegetables
Coat, to. To cover with a thin layer
Cochineal. A red colouring matter.
Compote. Fruit stewed in syrup
Condiments. Spices and seasonings
Confiture. Jam or fruit preserves
Consistency. The thickness or texture of a mixture, such as a cake or batter mixture.

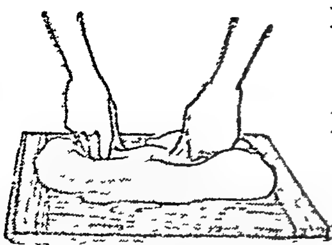

Chicory

Consommé. A light-coloured clear soup
Coquilles. Anything served in shells or shell-like moulds
Côtelettes. Cutlets
Coupe. A cream or water ice served with fruit
Court-bouillon. Fish stock.
Crackling. The rind of roast pork.
Cream fat, to. To beat fat with a wooden spoon until it is light and fluffy.


Coquille

Crécy (à la). Dishes containing carrots.
Crème. Anything of a creamy consistency can be described thus.
Crêpes. Pancakes.
Croissants. French rolls, crisp and light.
Croquettes. Left-over meat, fish, poultry or game, finely minced and rolled into small sausage shapes These are coated with egg and breadcrumbs and fried a golden-brown.
Croûtes. Ovals or rounds of fried bread.
Croûtons. Bread cut in small dice or fancy shapes and fried or toasted Used as a garnish for serving with soup.
Cuisse. Leg of poultry.
Custard. A cooked or baked mixture made of milk and eggs; it may be sweetened for dessert, or it may be flavoured with cheese, fish, etc., as an entrée
Cut and fold, to. To mix flour very gently into a mixture.
Cutlet. A small piece of meat cut usually from rib of veal or pork, mutton or lamb, usually grilled or fried.
Dariole. A small cup-shaped mould.
Darne. The middle slice of a fish.


Cutlet



Dough

Devilled. The same as *à la diable*, that is any highly-seasoned dish , often this seasoning is done with some form of curry.

Dice, to. To cut into small cubes. Cut food first into slices ½ in. thick, then into strips the same width, and finally hold strips together and cut into cubes. Use a chopping-board and a sharp knife.

Dissolve, to. To melt a solid food in a liquid.

Dot, to. To put small bits of butter, cheese, cream, etc., over the surface of a dish.

Dough. A mixture of a liquid, flour, etc., kneaded together into a stiff paste or roll.

Dredge, to. To cover with a thin sprinkling

Dust, to. To sprinkle lightly with fine sugar or flour.

D'uxelle. A mixture of parsley, mushrooms and shallots used for flavouring sauces and purées or as a forcemeat.

Éclair. Choux paste filled with custard or cream Can be coated with chocolate.

Emincé. Finely slices or shredded

Entrée. A dish served in the first part of a dinner, usually a made-up dish with sauce Or it can be the main dish of a less formal meal.

Entremets. Dressed vegetables, or hot or cold sweets or savouries, served as a second course

Escalopes. Thin slices of meat dipped in egg and breadcrumbs and then fried.

Espagnole. A brown sauce

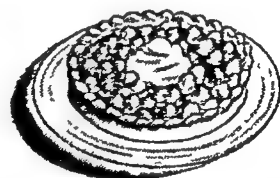
Étuver. To stew in the oven

Faire revenir. To partly fry meat or vegetables.

Farce. Any kind of stuffing.

Fats. See page 167

Fennel. A fragrant herb used for flavouring sauces.



Flan

Feuilletage. Light puff pastry

Fillets. Fish with bone removed Undercuts of veal or beef. Slices from the breast of a bird

Fillet, to. To bone fish, etc , and cut into fillets

Fines herbes. Finely-chopped herbs, e.g. parsley, thyme, chives, chervil, tarragon, etc , mixed and used for stuffings, etc.

Flan. A pastry case made in a flat tin and afterwards filled with a sweet or savoury mixture

Fleurons. Small pieces of pastry used as a garnish.

Flummery. An old English sweet dish.

Foie gras. Liver of a fat goose

Fold, to. See "Cut and fold" on page 45.

Fondant. Sugar boiled to 234° F. and then beaten to a "fudgelike" smoothness. It can be used as an icing or any kind of sweet

Fondue. A light, baked savoury of eggs, cheese and milk.

Fool. A summer sweet made with sieved fruit and whipped into a frothy mixture with cream or custard.

Forcemeat. Savoury stuffing.

Frangipane. Confectioner's custard

Frappé. Sweetened fruit juice, half frozen.

Fricandeau. Braised fillet of veal

Fricandelles. Braised game or meat in very small pieces

Fricassee. A stew generally made with chicken, veal, rabbit or lamb in a thickened white sauce.

Fritters. Fruit, meat, vegetables or fish coated with batter and fried, usually in deep fat.

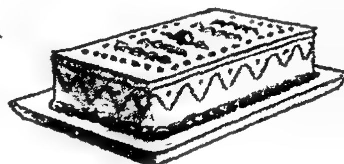
Frosting. A cooked or uncooked sugar icing used to cover and decorate cakes, etc

Fry, to. To cook food in very hot fat in an open frying-pan

Galantine. Cooked meat that has been boned, pressed into a mould with jelly and served cold

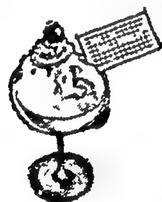
Galette. French roll or bun.

Garnish, to. To decorate



Gâteau

Garniture. Decoration.



Glace

Gâteau. This can be a cake, an ice cream, or anything made in the shape of a cake and lavishly decorated.

Gelatine. A product made from refining cows' hoofs Used for jellies Sold either granulated or in sheets. The strength varies with each brand Allow from ½ oz to ¾ oz to each pint of liquid

Gibier. Game

Giblets. The heart, liver and gizzard of poultry. Used to make gravies, soups and pies.

Glace. An ice

Glacé. To make smooth or glossy with icing or jelly. Also crystallized or frozen foods

Glaze. Meat glaze is made by reducing (by boiling) stock or gravy to the consistency of jelly It is used for improving the appearance of cold meats, etc. Sugar and water glaze is brushed over fruit pies, buns, etc, when they are taken from the oven, to improve their surface appearance Egg and water glaze is brushed on to savoury pies, buns, etc, before they are put in the oven

Godiveau. Different kinds of forcemeat.

Goulash. A Hungarian meat stew, flavoured with paprika.

Grate, to. To shave into small shreds with a grater Two-way graters are the quickest to use. Coarse graters are used for suet and some root vegetables; fine graters for breadcrumbs, cheese, lemon peel, etc., and very fine for nutmeg.

Haché. Hash.

Haggis. A kind of bag pudding, made in Scotland, from liver, sheeps' head, etc., finely minced and mixed with oatmeal, herbs, etc.

Haricot. A type of stew. Literally "beans."

Hash. A made-up dish of meat that has been diced or minced. Usually a way of using "left-overs"

Hollandaise. A rich sauce of Dutch origin made with eggs and butter, or cream, egg yokes and lemon. Served hot or cold with many kinds of vegetables or fish

Hors d'oeuvre. Small savoury titbits, usually cold, served as an appetizer at the beginning of a meal

Ice cream. A frozen cream mixture, it may be cream, custard, or any flavoured and thickened milk mixture that has been frozen

Ice pudding. A rich pudding made of cream that has been frozen

Icing. Sugar coating for cakes

Indienne. A dish served in the Indian manner.

Infusion. The liquid extraction after seeping a substance such as coffee, tea, herbs, etc.

Jardinière. Garnish of vegetables.

Julienne. Food cut into long strips. A clear soup of this name contains finely-shredded vegetables

Junket. Milk coagulated by the addition of rennet. This makes a very light and digestible sweet. It can be served with fruit, and is a valuable nursery food

Jus. Gravy.

Kabob. Small pieces of meat fixed on a skewer, braised or curried

Kedgeree. Indian dish of cooked fish, often salt or smoked, with rice, eggs, etc Sometimes curried.

Kirsch. A favourite drink of the Continent is *café kirsch*, this is made with half a cup of black coffee and half a cup of cherry brandy Also a cherry cordial

Knead, to. To work a dough lightly by bringing the outside of the dough into the centre, using the knuckles of the hand

Kromeskies. Croquettes

Liaison. Mixture of eggs and cream used for thickening white sauces and soups



Kirsch

Lard, to. To place strips of fatty substance such as fat bacon over the top of lean meat or on the breast of a dry bird To run strips of fat bacon through lean meat with a larding needle.

Macaroni. An Italian paste made of flour forced through a tube.

Macaroons. Small cakes made from almond paste, coconut, etc

Macédoine. A mixture, usually consisting of vegetables or fruit

Maître d'hôtel. A piquant sauce or butter flavoured with parsley and lemon.

Marinade. A mixture of vinegar, or wine, oil, herbs, spices, etc., in which fish or meat is soaked before cooking to improve flavour and texture.

Marinate, to. To soak meat or fish in a marinade.

Marjoram. A lemon-scented herb.

Marzipan. A sweet or icing made of ground almonds bound to a paste with egg.

Mask, to. To coat a dish with sauce or line a mould with jelly

Mayonnaise. A thick sauce made of egg yolks, oil and vinegar, mustard, etc. Used as a dressing for salads of all kinds.

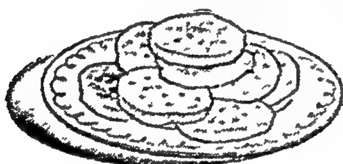
Menu. List of fare.

Meringue. A mixture of stiffly beaten egg white and sugar, often used as a garnish when browned in the oven, or it can be made into small sugar cakes and afterwards filled with cream

Mignonette Pepper. White peppercorns, coarsely ground

Minestrone. Italian soup with many vegetables and macaroni added.

Mocha. A flavouring usually made with a coffee infusion



Muffins

Mousse. A light spongy dish, made with sweetened and flavoured cream, then whipped and frozen. Can also be made with a mixture of meat, vegetables, etc , mixed with gelatine.

Muffin. A drop batter baked in small individual moulds and eaten hot with butter.

Navarin. Mutton or lamb stewed with turnips

Noodles. A flour paste served in small fancy shapes or in thin stringlike tubes Often fried in Chinese fashion

Nougat. A sweet of a fairly rich kind made with almonds, sugar, nuts, cherries and honey.

Pailles. Potato straws.

Panada. A thick paste of flour and liquid used to bind together ingredients which would fall apart by themselves

Paner, to. To egg and breadcrumb

Parboil. To boil food until only partly cooked.

Pare, to. To peel



Pare

Parfait. Ice cream served in a tall glass and decorated with a variety of nuts and fruit

Parmesan. A very hard cheese made in Italy from goats' milk. Used mainly for cooking.

Pâté. Pie, pastry or raised pie, or a paste.

Paunch, to. To remove the stomach and intestines of a hare or rabbit

Paupiettes. Fillets of fish or meat, stuffed and rolled

Petits fours. Very small fancy cakes or biscuits

Pimento. Red or green pepper pods used in salads or often as a colourful garnish.

Piquante. Subtly flavoured, usually the word is applied to mustard or a sharp sauce.

Piquer. To lard.

Pistachio. Green-coloured nut kernels Used as a garnish

Pluck, to. To remove feathers from poultry and birds.

Poach, to. To cook just below boiling point in hot liquid in an open pan.

Potage. A nourishing broth or soup.

Pot-au-feu. A beef soup made with vegetables, and poured over French bread or toast

Pot-pourri. A stew of various meats and spices.

Praline. Burnt almond flavouring

Printanière (à la). A garnish of spring vegetables

Pulses. Vegetables that grow in pods, e.g. peas, beans, lentils, etc

Purée. A smooth mixture obtained by rubbing cooked fruit, vegetables, etc , through a sieve

Quenelles. Forcemeat, or meat, fish, game or poultry, pounded, rubbed through a sieve and formed into balls, then poached or fried.

Ragoût. Well-flavoured meat stew. Thick, well-seasoned and rich.

Raising agents. Substances which produce a gas when acted on by heat or other substances, and make flour mixtures rise, e g baking powder, baking soda, yeast.

Ramekins. Individual small baking dishes.

Raspings. Very fine breadcrumbs obtained by grating stale or over-dried bread on a fine grater

Ratafia. A flavouring Tiny biscuits for trifles, etc., flavoured with almonds

Ravioli. A savoury meat mixture enclosed in dough and cooked in boiling water.

Réchauffé. A re-heated dish.

Relish. A highly-seasoned food used as an accompaniment.

Rissole. A fried cake of meat or fish in a pastry case.

Roe. Eggs of fish.

Roux. A thickening for soups or sauces made with flour and fat.

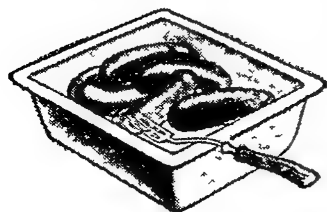
Royal. An egg custard cut into cubes and used as a garnish for a soup The name of a kind of icing.

Saffron. A bright yellow colouring used for appearance and flavour.

Salmi. Partly roasted game made into a rich stew.

Sauce. A pouring mixture, sweet or savoury, to serve with and enhance the flavour of another dish

Sauté. Tossed and lightly browned in shallow fat.



Saveloys

Saveloy. A type of sausage.

Scald, to. To immerse food in boiling liquid for a short time To heat a liquid (e g. milk) to just under boiling point or to pour on boiling water (e g scald a jug)

Scallop. Food baked in layers with sauce and breadcrumbs.

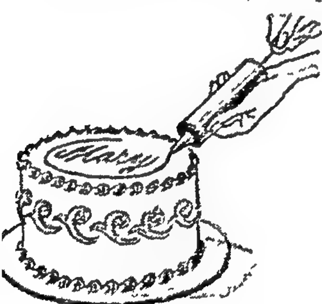
Score. To make light cuts in a surface such as the outside of a fat piece of pork before roasting.

Sear, to. To form a hard coating on the surface of meat by exposing it to a fierce heat.

Seasoned flour. Flour flavoured with salt and pepper.
Sherbet. Frozen mixture of fruit juice, egg whites, sugar, milk or water.
Shortening. Fat suitable for baking is sometimes called this
Sift. To put dry ingredients through a fine sieve.
Simmer. To cook a liquid, or food in a liquid, at a temperature just below boiling point
Skewer. A long pin of wood or metal used to secure meat or poultry while cooking
Sorbet. A half-frozen water ice, served in the middle of a long dinner.
Soufflé. A very light baked or steamed pudding, savoury or sweet, usually puffed up with egg whites


Seasoned flour

Souse. Fish such as herrings, pickled in vinegar and spices
Spaghetti. An Italian paste, finer than macaroni, coarser than vermicelli.
Steam, to. To cook in steam.
Steep, to. To soak in a hot or cold liquid
Stew. To cook by simmering in a little liquid.
Stock. Well-flavoured liquid made from meat, vegetables, fish or poultry, etc, and used as a foundation for soups, sauces, stews, etc
Table d'hôte. A set meal at a fixed price
Tartare. A cold, sharp, savoury sauce served with fried fish or a meat dish.


Icing

Temperature. The degree of heat, usually measured in degrees Fahrenheit, as ° F. Thus
Temperature of boiling water = 212° F
Temperature of simmering water = about 185° F
Temperature of tepid water = 80° F.
Tepid. The temperature of a mixture of 2 parts of cold water to 1 part of boiling water, i e. about 80° F.
Terrine. A baked, savoury meat or game mould which is cooked in the oven, usually in an earthenware dish
Timbale. A cup-shaped mould, usually made from meat, fish or vegetables, added to a custard mixture, and finely decorated.
Tournedos. Small, thin fillets of beef.
Truss, to. To tie up or skewer a bird ready for the oven after plucking and drawing.
Tutti-frutti. Mixed fruit
Vanilla. A flavouring generally used for cakes, ices or puddings
Velouté. A rich, white, very smooth sauce.
Vermicelli. A very fine Italian paste.
Vol-au-vent. Creamed game, meat or fish served in a pastry case
Whisk, to. To beat cream or eggs until a stiff froth is obtained
Zest. Thin outer skin of oranges and lemons.


Truss

How to Weigh and Measure

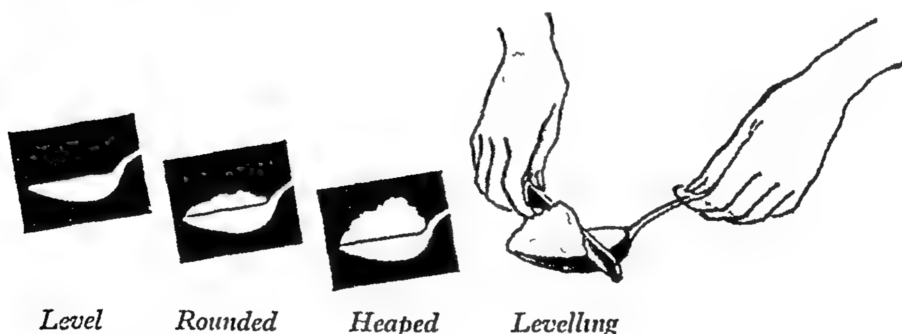
CARELESS WEIGHING or measuring has spoiled innumerable dishes. It is all very well for the experts to trust to their eyes (they rarely do), but, as a general rule, accurate weighing or measuring is essential for good cooking.

Kitchen Scales

Kitchen scales are inclined to be expensive, but they are a useful piece of kitchen equipment. There are three types of scales; spring balance scales, scales with separate weights, and a type which records the weight on a dial but does not work on the spring balance system. Scales should always be bought from a reliable firm. When buying scales with separate weights, make certain that the weights bear the Government stamp, as this is a guarantee that they have been tested for accuracy.

CARE OF SCALES

Scales should be kept quite clean. When weighing sticky foods, such as honey, syrup or fat, sprinkle the pan with flour before putting in the food. When using the scales with separate weights, the food should balance the weight so nearly that there is only a very slight movement of the scales. When the food is removed from the pan, the side with the weight should always be eased down; if it is continually allowed to fall back with a bang it may strain the scales.



Level *Rounded* *Heaped* *Levelling*

Spoon Measures

In addition to measuring cups, the British Standards Institution have authorized standard kitchen tablespoons and teaspoons. These new standard spoons are a great boon in cooking, as the size of ordinary spoons varies with different makes. The spoons are circular in shape because this makes measuring with them more accurate.

In measuring, *always* use level measures. Use a knife to level off the foodstuffs to the top of the measure (see illustration). A heaped spoon can hold two or three times as much as a level spoonful, and this will completely throw out the balance of a recipe. To measure ½ level spoonful, divide it in the spoon lengthwise. To measure ¼ level spoonful, divide the ½ spoonful across the spoon.

The list below gives the number of level tablespoonfuls of various foods required to give 1 oz. in weight. These numbers are approximate only and should be used merely as a guide The British Standards Institution tablespoon is used throughout

APPROXIMATE NUMBER OF LEVEL TABLESPOONFULS TO ONE OUNCE

Breadcrumbs, fresh	5	Gelatine, granulated	3
Breadcrumbs, dry sifted	3	Jam	1
Cheese, grated	4	Margarine	2
Cocoa	4	Oatmeal, medium	2
Cooking fat	2	Oats, rolled	4
Cornflour or custard powder	3	Semolina	2½
Flour, unsifted	3	Syrup or treacle	1

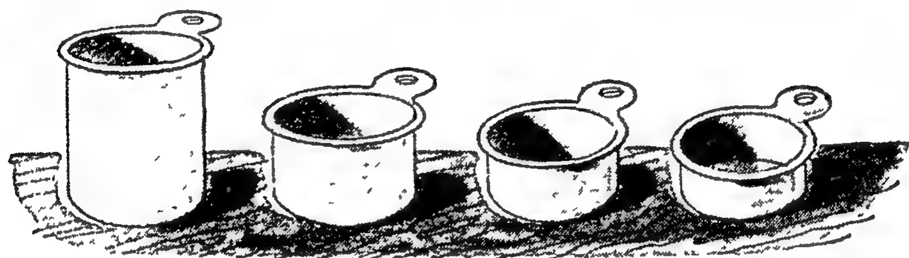


When weighing sticky foods, flour the scale well first. The food will then leave the scale easily with little trace of stickiness left behind

Kitchen Measuring Cup

If scales are not available, use the new kitchen measuring cups which conform to the standards laid down by the British Standards Institution. These cups, which look more like mugs, hold ½ pint of water and have marks showing the levels for ¼ cup, ⅓ cup, ½ cup, ⅔ cup and ¾ cup. Plastic measuring cups are made in sets of the appropriate sizes.

When using the measuring cup, dry foods should not be shaken or packed down; fats should be tightly packed, while with syrup and jam care should be taken that they fill the measure right up to the level. The weights of chopped foods will vary with the size of the pieces, but the figures given are a useful average. Breadcrumbs and grated cheese weigh less when dry than when they are moist.



Plastic measuring cups of different sizes

The following are the weights of one level cupful of various foodstuffs, using the British Standards Institution measuring cup throughout.

WEIGHT OF ONE LEVEL CUP IN OUNCES

Bacon, chopped	5	Lentils	9
Breadcrumbs, fresh	3	Margarine	8
Breadcrumbs, dry sifted	6	Minced beef	8
Bread, soaked and squeezed	7	Oatmeal, medium	8
Cabbage, cooked shredded	4	Oatmeal, coarse	7
Cabbage, raw shredded	2	Oats, rolled	4
Carrots, raw sliced	6	Peas, dried, depending on size	9–10
Carrots, raw	5	Potato, cooked mashed	8
Carrots, cooked diced	6	Potato, finely grated raw	11
Cheese, grated	4	Potato, coarsely grated raw	8
Cocoa	4	Prunes, stoned and chopped	6½
Cooking fat	8	Raisins	7
Cornflour or custard powder	5	Semolina	7
Flour, national unsifted	5½	Sugar, granulated	8
Gelatine, granulated	5	Sultanas	8
Haricot beans	8	Syrup or treacle	16
Jam, depending on fruit	12–16		

How to Season Food

IT IS IMPOSSIBLE to lay down hard-and-fast rules for seasoning food because tastes vary so greatly and only a good palate combined with experience can teach this important part of cookery Seasonings can be added, but not taken away after cooking. Many cooks spoil food by over-seasoning. There are, however, a few useful fundamental rules

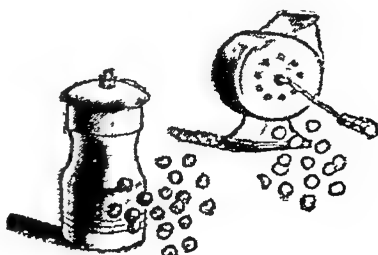
1. Never season food so highly that its original flavour is lost. On the contrary, clever seasoning often brings out the flavour of the dish by subtle contrast.
2. Avoid too many flavours in one dish or they may fight each other.
3. Always use natural seasonings such as herbs and spices rather than made-up sauces.

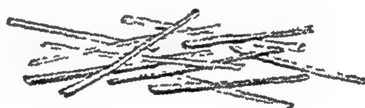
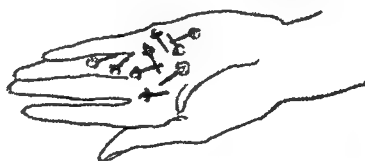
Condiments

Condiments serve a very useful purpose, for they not only improve the flavour of foods, but they improve digestion For example, a little cayenne helps to make cheese more digestible. Condiments should be added to foodstuffs during the process of cooking as this enhances the natural flavours of the foods.

	HOW TO USE
Salt. Table salt (powdered cooking salt), often sold in block form.	Use cooking salt, not table salt, for cooked dishes. Salt is usually added to all savoury dishes. Take care not to over-salt, as this is a sure way of destroying the flavour of delicate foods such as fresh vegetables A very little added to cakes, puddings, etc , brings out the other flavours.
Pepper (*also cayenne pepper and paprika*). Ordinary pepper is made from the dried berries of the pepper plant. The berries change colour from green to red and finally to yellow. When the red berries are dried they turn black. Black pepper is made by grinding the black berries; white by grinding either the ripe yellow berries or the coatings of the black. Sold as whole peppercorns or ground.	Home-ground black pepper has the best flavour in cooking. Add pepper to all savoury dishes, but it is not advisable for young children.





	HOW TO USE
Aniseed. The fruit of a plant which grows in parts of Europe	This is used for flavouring and colouring confectionery, liqueurs and cordials
Capsicums and Chillies. The pods of a tropical plant of which there are several varieties.	Unripe green pods are pickled. Ripe bright red glossy pods, very hot in flavour, used in making cayenne pepper and for flavouring stews and savoury dishes, pickles and sauces
Caraway seeds. The seeds of a plant which is a cousin of the parsley	The seeds of the caraway plant are used for flavouring cakes, they are also used in foreign cookery in certain types of bread; also for sprinkling over potatoes and in stews 
Cayenne (*see condiments*)	
Chillies (*see capsicums*)	
Cinnamon. The dried inner bark of a small laurel-like tree growing in Ceylon It is sold rolled in sticks several inches long, or ground It is pleasantly aromatic	Used for cakes, biscuits, puddings, stews, sauces, chutneys, etc 
Cloves. The unopened flower buds (dried) of the clove tree which grows in hot, moist climates. Rather like small nail heads in appearance They contain an oil which has a strong, fragrant odour and a pungent taste Sold whole or ground	Used in both savoury and sweet dishes, such as stewed apples and pears, fruit pies, bread sauce, stews and puddings 
Coriander. The dried fruit of a plant that grows in Asia, America and S Europe The seeds have a pleasant smell and a pungent flavour	One of the ingredients in curry powder Used also in small amounts for confectionery and for flavouring wines and liqueurs
Curry powder. A mixture of various spices including chillies, coriander, ginger, turmeric, etc It is important to buy a good brand of curry.	Extremely hot Used to flavour hot dishes called "curries" and in small amounts in soups, stews, sauces, etc.



Ginger biscuits are a favourite with children, and can be made at home. Recipe on page 461 Keep in an airtight tin or jar

	HOW TO USE
Ginger. The root of an East Indian plant, which is scalded and dried Black ginger is unscraped root; white ginger is scraped It is sold ground, as a root, crystallized, or preserved in syrup.	Ground ginger is used in chutneys, cakes, biscuits, puddings and savoury dishes Root ginger is used in pickling and in some sweet and savoury dishes where it is removed before serving. Crystallized ginger, sliced or chopped, is used in cakes, puddings and in fruit salads
Mace. The dried outer layer of the nutmeg. It is sold in chips or "blades," or ground.	Used in both sweet and savoury dishes and in pickling
Nutmeg. The kernel of the stone of the pear-shaped fruit of the nutmeg tree Strongly aromatic It is sold whole or ground.	Used in both sweet and savoury dishes or grated over milk puddings, custards and junkets.
Paprika (*see condiments*).	
Pimento (*see allspice*).	
Turmeric. A yellow powder made from the tubers of an East Indian plant.	Used in curry powder and for mustard pickle, etc
Vanilla. Sold as a dried pod or as an essence.	Pleasantly aromatic It is largely used for flavouring puddings, cakes, custards, etc.



Some Useful Herbs

GROW YOUR own herbs if you possibly can, even if you only have a window-box Many of the herbs listed below are hard to buy, but easy to grow Herbs should find a place in every kitchen, for they bring out the natural flavour of food, and at the same time contribute their own piquant and subtle flavouring. They can turn good cooking into first-class cooking. Also by making food more interesting and appetizing they stimulate the appetite, which means that the food is digested more easily

Herbs should be added to food before it starts to cook, so that all the flavours become delicately blended during the cooking process

Fresh herbs make a most attractive garnish If parsley, so rich in vitamin C that it should be used whenever possible, is chopped and sprinkled over cooked potatoes they take on quite a festive air

Fresh green mint looks most attractive in cool, summer drinks and gives a very pleasant flavour Dried herbs must be bought in small quantities because their flavour deteriorates with keeping. Store them in airtight tins or jars, otherwise the herbs may turn mouldy.

How to Dry and Store Herbs

Herbs are dried to be used in the winter months They should be gathered when just about to flower It is best to pick them when they are dry but not exposed to strong sunlight All herbs, with the exception of parsley, may be dried on the rack over a cooking stove Wash them and shake them well, then lay them on a piece of muslin on the rack. Large-leaved herbs may be picked from their stalks Cover with a piece of muslin to protect them from dust Dry until crisp, which usually takes three to four hours Crush with a rolling-pin, then sieve and store in airtight jars in a dark place Parsley should be washed, shaken well and then placed in a very hot oven for one minute only It should then be finished off on the rack in the same way as the other herbs Both the colour and flavour of dried parsley are much better if dried by this quicker way.

The herbs in common use are listed below

	HOW TO USE
Angelica. Rather like rhubarb sticks in size and inclined to be laxative Usually sold candied	Candied angelica is used in cakes, confectionery, puddings, etc.
Balm. A perennial garden herb. This is a plant which looks like a wild nettle and	Very mild flavoured. Fresh leaves may be used freely in salads, soups, stews, etc. A sprig is often put into claret cup It is also

HOW TO USE

has a sharply-defined nettle scent. The fresh leaves can be used from early spring to late autumn. It can be dried but is generally used fresh.

used for balm tea for invalids, and in the manufacture of scents



Basil. An annual plant resembling sage in appearance. There are several varieties of basil, but the sweet kind is the most popular It can be used fresh or dried.

Strongly flavoured, faintly resembling clove. Use cautiously in soups, sauces and, if fresh, in salads. The flavour combines well with tomatoes It is widely used for flavouring turtle soup French cooks, especially, use this herb a great deal.

Bay leaf. The aromatic leaf of the sweet-bay or laurel tree. This is an evergreen plant and not actually a herb although it is used as such.

Has a strong almondy flavour, so a piece of a leaf is often enough to flavour a dish Used to flavour milk for custards and milk puddings Also used in soups, stews and sauces and widely used in conjunction with other herbs to form a bouquet garni (see below).

Borage. An annual garden herb valued for its cucumber scent. Used fresh.

Young leaves may be put in a salad. It is more popular, however, for flavouring beverages than foodstuffs Used in making claret-cup

Bouquet Garni. This usually consists of a sprig of thyme, a sprig of marjoram, half a bay leaf and several sprigs of parsley If fresh, tie together with thread If dried, tie in a piece of muslin A small piece of lemon rind may also be added.

Used for flavouring soups, sauces, stews and other meat dishes It must be removed before the dish is served



Burnet. This is a lesser-known herb which is always used fresh. It has a strong flavour of cucumber.

Used for beverages, salads and sauces.

Capers. These are sold bottled in vinegar.

Used in sauces and sandwich spreads.

Celery seed. This is sold dried and often powdered.

Used in soups, stews and savoury dishes. Also ground and added to salt.

HOW TO USE

Chervil. An annual herb of the "cow parsley" family.



It has a pleasant flavour and is used in the fresh green state for salads and soups. It can be used in melted butter for a fish sauce or alone in French dressing over salads In France it is widely used and is known as *cerfeuil* The leaves wither quickly and lose their flavour if dried.

Chives. This herb grows freely in most soils and is always used fresh.

The green tops are cut close to the bulb and used for giving onion flavouring to salads, soups, sauces and many savoury dishes Milder in flavour than onion Chives are very good eaten with bread and butter.

Coriander. To most housewives this is known merely as a seed, but a valuable herb can be grown from these seeds in most soils with little trouble.

This herb is used in the East for flavouring chutneys and curries It resembles chervil and can be used in sauces, soups and salads.

Fennel. This is a perennial plant and it should always be used fresh The seeds are sometimes sold

Used chiefly with fish, either as fennel sauce served with boiled salmon or mackerel, or sprinkled over cooked fish The seeds are sometimes used in soups and pickles.

Fines Herbes. A French term for a mixture of equal quantities of chopped fresh parsley, chervil, chives and tarragon.

These herbs, chopped and mixed together, are served in omelettes or scrambled eggs, or sprinkled on salads.

Garlic. This is not strictly speaking a herb, but a strongly-flavoured plant of the lily family The root when dry can be divided into a dozen or more small segments called "cloves of garlic"

The cloves of the garlic plant are used on the Continent to flavour stews, soups and meat dishes. In salads especially, garlic adds appreciably to the flavour. A skinned clove is rubbed round the salad bowl before mixing the salad.

Horseradish. A long edible root Sold fresh or grated

This has a stimulating flavour akin to mustard. It can be grated and made into a sauce to serve with roast beef or fish, or scraped into shavings and used as a garnish.

Marjoram. An annual herb of a small sage-like plant. Used fresh or dried It is one of the "sweet" variety

In Italy and France it is widely used. It can be used fresh or dried in omelettes, cream cheese, stuffings, and for flavouring stews, sauces, etc

HOW TO USE

Mint. This can be used fresh or dried.

The mint plant is a native of the Mediterranean, but its popularity as a culinary herb has remained only in Britain and America It is seldom used on the Continent except for medical teas. Mint sauce for lamb is traditional in England, and a spray of fresh mint is often used when cooking new potatoes or peas. It is delicious added to summer drinks. A spray of mint in the kitchen or larder keeps away flies. It can be dried or made into mint jelly for use in the winter.



Nasturtiums. The fresh flowers and leaves are used, also the young seeds which can be pickled.

The flowers and leaves may be added to salads and sandwiches. The seeds when pickled resemble capers and may be used in the same way.

Parsley. Parsley is fairly easy to grow although it thrives better in some soils than in others. It can be used fresh or dried.

Parsley is so rich in vitamin C that it should be used wherever possible. It may be chopped when fresh, and sprinkled on cooked vegetables, or in sandwich fillings and salads. Used also in stuffings and sauces and many savoury dishes An important member of the bouquet garni.

Rosemary. An evergreen shrub.

The leaves are used to flavour fish dishes.

Sage. A perennial shrub with dark green velvety leaves. This can be used either fresh or dried.

This herb should be used sparingly in stuffings of pork, geese, ducks, etc. Sage also flavours cream cheese very well if used in moderation.

Savory. There are two kinds of this, an annual plant called summer savory and a perennial plant called winter savory. The winter kind is more common and is similar in appearance to rosemary.

This is a strongly flavoured, lesser known herb which is used in the same way as thyme, for soups and sauces, and in liver sausage and poultry seasonings.

Shallot. A small member of the onion family. Shallots keep throughout the winter if they are stored in the same way as onions.

Delicate in flavour. Used to flavour savoury dishes, soups, sauces, stuffings and chutneys

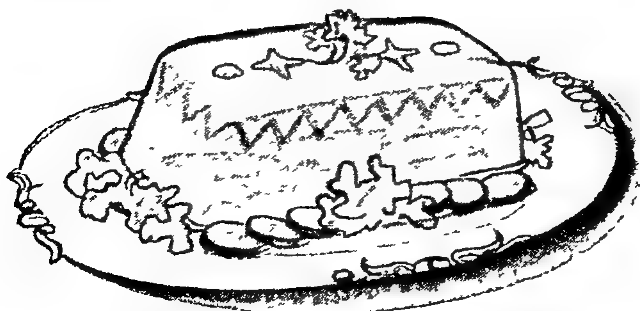


	HOW TO USE
Sorrel. This herb grows wild, but it can be cultivated in a garden. It has a sharp taste, the wild sorrel being more bitter than the cultivated Always use it fresh.	Sorrel is not so popular in England as in France, where sorrel soup is a favourite dish This herb is generally used for flavouring omelettes and sauces or eaten raw in salads. Added to boiled spinach it enlivens the flavour.
Tansy. A perennial plant now little used	The leaves have a bitter, pungent taste It may be used to flavour old-fashioned puddings and cakes, for instance, in Yorkshire the Easter "tansy pudding" is still eaten
Tarragon. This is always used fresh. (It loses flavour if dried).	Tarragon is best known for flavouring the vinegar of the same name (tarragon vinegar) It is also used in salads, sauces, stews, and in omelettes
Thyme, *also Lemon Thyme* This is equally good fresh or dried	There are many varieties of this herb. It has a delicate flavour and is widely used in stuffings and in many savoury dishes. It is also used combined with parsley for stuffings, and is an important member of the bouquet garni The variety known as lemon thyme is especially recommended for veal and fish stuffings, but it must be used sparingly as it has a strong flavour.



Other Flavourings

Essences. Bought in bottles.	There are many essences, such as almond vanilla, peppermint, lemon, etc They should be used sparingly in puddings and cakes
Lemon. This can be used fresh, as crystallized peel, or as lemon juice.	Used in cakes, gâteaux, puddings, stuffings, sauces, stews, etc.



Lemon gâteau makes a delicious summer sweet



Milk

MILK HAS been called "nature's perfect food" No other food, taken alone, can support adult life It is of first importance for the growth and development of children But it must be clean. Unless it is produced and brought from the cow to the consumer under the best hygienic conditions it may be a carrier of disease For this reason all milk should be scalded and quickly cooled before use (see below) unless it has come from a herd of tuberculin-tested cows or has been pasteurized.

How to scald Milk

Rinse a clean saucepan with cold water, pour in the milk and heat until bubbles form round the sides of the pan Do not let it actually boil and be careful not to overheat it as milk burns easily. Pour at once into a perfectly clean jug and place the jug in a basin of cold water in order that the milk will cool quickly. This is important. Cover the jug with a piece of butter-muslin to keep out dust and flies.

How to keep Milk Sweet

1. Milk jugs must be kept clean. Rinse them first of all with cold water, because hot water makes the casein in the milk stick to the jug. Then wash in very hot water and give a final rinse with boiling water. Dry with a clean tea-cloth. It is well worth while to take this extra trouble.

2 Keep milk in the coolest place in the larder, in a current of air. There is always a draught of air along the floor and for this reason the floor is usually cooler than a table or shelf Never keep milk in an airless cupboard

3 In hot weather stand the jug (or bottle) in a bowl of cold water with a piece of muslin over the top of the jug, so arranged that the ends of the muslin are in the water The moisture in the muslin will keep on evaporating all the time there is water in the bowl. Evaporation uses up heat and ensures that the jug or bottle will remain cool

4 Keep milk jugs covered with butter-muslin as a protection from dust and flies.

5 Never store milk near strong-smelling foods.

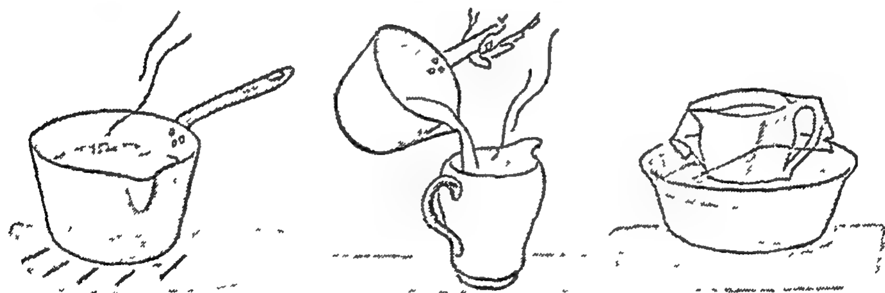
6 Do not mix new and old milk.

Fresh Milk

Suggestions for Serving to Children

Milk is so important for the growth and proper development of children that every effort should be made to introduce it into their diet Some children do not care for milk as a drink by itself Do not try to force it on them Give it to them in some of the following ways

In puddings, such as junkets, custards, cornflour moulds, semolina or rice puddings, in cocoa or other flavoured milk drinks, in sauces, cream soups, and with a breakfast cereal.



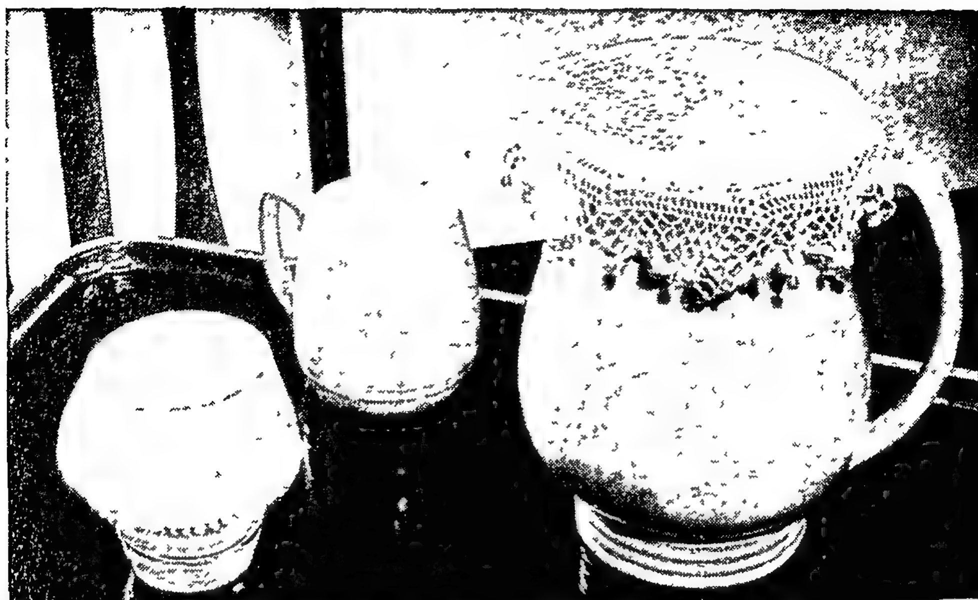
After scalding milk, cover, to keep out flies

Sour Milk

Milk as it comes from a cow is slightly alkaline, but after a time lactic acid is gradually formed in it and the milk finally becomes acid or, as we say, turns sour Pasteurized or scalded milk does not sour as readily as fresh milk

In an emergency, milk which is just turning sour can be boiled without curdling if a pinch of bicarbonate of soda is added to it This restores its alkalinity

Sour milk is excellent for mixing scones, cakes or puddings The curd, as the solid clots of sour milk are called, can be separated from the whey



Milk left standing should be covered

or liquid part and used as a filling for tarts In this case, use the whey for mixing scones and cakes, or in soups, as it has a great deal of nutritive value.

Evaporated Milk

Evaporated milk has had some of its water driven off by heat, so that it is thicker than fresh milk, and then canned Directions are given on the can for thinning it down to the consistency of fresh milk. After the can has been opened the milk will keep only slightly longer than fresh milk.

Condensed Milk

Evaporated milk to which sugar has been added before canning is called condensed milk. Use according to the directions on the can, making allowance for the sweetening. Condensed milk will keep for a week or so after the tin has been opened as the sugar acts as a preservative.

Sweetened Skimmed Condensed Milk

As its name indicates, this is made from milk from which the cream has been skimmed, with sugar added.

Dried Milk

Dried milk is fresh milk with its water removed. It is made in two forms:

1. For children and invalids it is made from whole- or full-cream milk. Use it according to the directions on the can.

2. For certain cases where full-cream milk cannot be digested, half-cream dried milk is prepared. This has half the cream removed before drying.

Cheese

CHEESE IS made from milk which has been naturally or artificially soured. Colouring matter is usually added Natural souring is brought about by standing milk in a warm place overnight for harmless bacteria to turn milk-sugar into lactic acid which causes curdling Artificial souring is brought about by adding an enzyme Rennet is the enzyme most generally used. Then salt is added and the whey drained off The curds which remain are cut and pressed into moulds and then ripened or cured When soft cheeses are made the curds are not subjected to pressure.

Curds are ripened or fermented by various means. The method of ripening, the quality of the milk used, the breed of cow and the pasture on which it grazes, all influence the flavour Each variety of cheese requires special treatment Bacteria which occur only in certain districts give a distinctive flavour to the cheese made in these districts; examples are Gruyère or Camembert.

The average composition of cheese is one-third fat, one-third protein, one-third water. For some cheeses whole milk is used, in certain others some of the cream is removed, while in others extra cream is added Cheese made from whole milk naturally has a higher fat content than that made from skimmed milk All cheese has a high calcium content and may be considered as "concentrated" milk.

Cream cheese is made by souring cream and is quickly ripened. It should be eaten while fresh or the delicate flavour is lost. It has a high fat content but very little protein or calcium It is usually more easily digested than other types Extreme cleanliness is essential in all cheese making

There is an immense variety of cheeses The following list gives a few of the principal kinds used in Great Britain.

Blue Danish. This is a cheese with a blue mould rather like Gorgonzola, but with a firmer texture.

Bondon. A small whole-milk cheese made in Normandy in sizes about 3 in. high and 2 in across It has a little sugar added to the milk.

Brie. A flat, round, soft cheese usually about 14 in across and 1½ in. deep It is made from whole milk, and the best Brie cheese is that which has been made in the autumn It is named after the province where it was first made

Camembert. This is the most famous French soft cheese, and is made from cow's milk It is at its best when ripe and beginning to soften Camembert is sold in small round, wooden boxes, and named after the village where it was first made.

Cheddar. The bulk of the cheese sold in Great Britain is Cheddar cheese Most of it is imported from Canada and America, but some of it is home-produced.

Cheshire. A rich and finely-flavoured cheese with a crumbly texture.

Cream Cheese. This not a cheese in the true sense of the word. It is made from sour cream

Curd Cheese. This is made from a mixture of fresh and skimmed milk. It has a very soft consistency and is rather like cream cheese, but not nearly so rich

Gloucester. This is the same kind of cheese as Cheshire, but it has a milder flavour

Gorgonzola. A strongly-flavoured rich cheese with a blue mould It came originally from Italy

Gruyère. This is a smooth cheese with many holes in it and flavoured with a powdered dried herb. It was made originally at Gruyère in Fribourg

Neufchâtel. A small soft cheese made from whole milk in the district around Neufchâtel in Normandy It is a cheese rather like Bondon, but a little softer

Parmesan. A hard cheese of excellent flavour made from skimmed cow's milk It came originally from Italy The best Parmesan is kept for several years before it is marketed It is so hard it is always kept for grating

Process Cheese. This consists of hard cheese which has been finely divided and heated with water and an emulsifier until a homogeneous liquid is formed, this is poured into moulds lined with silver foil Process cheese keeps well, for heating has pasteurized it, and the bacteria have been destroyed The wrapping prevents mould

Roquefort. This is made from the milk of ewes in the village of Roquefort in the Cevennes in France It is matured in the limestone caves near the village, and it can only be made during the lambing season

Stilton. This is one of the most famous British cheeses, made in the villages of Leicestershire It contains extra cream

How to store Cheese

Pieces of cheese soon go dry and mouldy unless care is taken A good plan is to wrap the cheese in greased paper and hang it in a piece of butter-muslin in a cool, airy place In hot weather the muslin may be wrung out in a little vinegar and water If a cheese dish is used, it should have ventilating holes in the lid If it has not, tilt the lid slightly

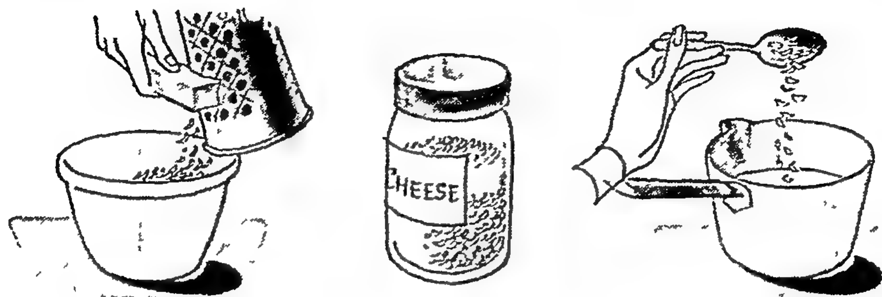
For cooking purposes it is useful to have a supply of grated cheese in an airtight container Cheese must be hard and dry for grating. The harder the cheese the finer it will grate and the longer it will keep Parmesan is ideal for this purpose, but a dry Cheddar is quite satisfactory

How to serve Cheese

One of the easiest and best ways of serving cheese is with a green salad This, with bread and butter (or potatoes), some fresh fruit and a glass of milk, is a perfect meal. If cheese is to be served after the sweet course, send it to the table with plain biscuits and butter, and either watercress, crisp celery or radishes if they are available This can be served instead of a sweet.

Raw Cheese

Grating. This divides the cheese finely and allows the digestive juices to have access to the protein. Infants can successfully digest it in this form.



Grated cheese can be stored until required

How to use Grated Cheese

1 Sprinkle on top of vegetable or fish soups.

2 Add to sauces for use with vegetables or fish.

3. Add to omelettes, scrambled eggs or savoury pancakes

4 In savoury dishes with macaroni, spaghetti, rice, oatmeal, etc.

5 With baked potatoes Potatoes should be halved, the insides scooped out, mixed with grated cheese and seasoning, then returned to the cases and topped with a little more cheese and browned under the grill.

6. Mix with breadcrumbs and use as a topping for cooked vegetable dishes, which are then browned under the grill.

7 In pastry for savoury pies and pasties.

8 With salads.

9 In sandwiches

How to cook Cheese

Many people find cooked cheese indigestible The reason lies in its structure A brief explanation of how it is digested may make this clear Cooked starch can be digested in the saliva in the mouth, but other foods must pass to the stomach or intestines before being digested They are, however, broken up by mastication in the mouth Digestion of protein commences in the stomach and is completed in the small intestine, while fat is not rendered soluble until it reaches the small intestine

In cheese there is a mixture of fat and protein. On heating, the fat melts and coats the protein This means that protein is not digested in the stomach because the coating of fat prevents the digestive juices reaching it. In the intestine both fat and protein are readily digested

Ways to render Cheese digestible

There are certain methods which render cheese more digestible.

1 **Adding to, or combining with, starchy foods.** The starch absorbs the fat and, therefore, the protein is no longer coated with it.

2 **Adding seasoning** such as cayenne or mustard. This acts as an irritant to the intestinal lining and stimulates the flow of digestive juices.

3 **Cooking at a high temperature.** Cheese should be heated at as high a temperature as possible without burning it This melts the fat quickly. If cooking time is prolonged the protein (casein) is made tough and "stringy" When cheese is toasted or browned under the grill or in the oven, speed is essential However, if cheese is to be added to a cooked dish, such as a sauce, make the sauce first and add the grated cheese a few minutes before serving After adding the cheese, do not let the sauce boil, but heat gently until the cheese has all melted and blended thoroughly with the sauce

4 **Adding alkali.** If a large pinch of bicarbonate of soda is added to every 3 oz of cheese before cooking, the fatty acids are neutralized and the protein is rendered more digestible.



Cheese makes a substantial meal when served with bread and butter, a glass of milk and some fruit If liked plain biscuits can take the place of the bread

Eggs

WITH THE exception of a few game birds' eggs, which are delicacies, all eggs sold in the shops are hens' eggs These are tested for freshness, graded for size and packed by the Egg Marketing Board, and they should be stamped with the official mark If imported eggs must be stamped with the name of the country from which they came Duck eggs and goose eggs are occasionally used in cookery, but their stronger flavour is disliked by some people.



A bad egg will float when placed in water

HOW TO TEST AN EGG FOR FRESHNESS

1 An egg that is fresh should feel heavy, and show no dark specks when held to the light.

2. Place in a cup of cold water. If bad the egg will float if fairly stale one end will rise, and if new-laid it will lie on the bottom.

How to store Eggs

FRESH EGGS

If you wish to keep eggs for a few days, or even a week or so, store in a cool, airy place away from strong-smelling foods point down An egg stand, where the eggs do not touch each other, is excellent. They are better in a basket than a basin.

If the eggs are dirty, wipe them clean but do not wash an egg, as this will remove some of the natural oil from the shell which helps to keep it fresh.

PRESERVED (OR PICKLED) EGGS

In times of plenty it is an excellent plan to preserve (or pickle) eggs for use at a later date. Eggs laid in spring keep better when preserved than those laid in summer or autumn. If obtainable, infertile eggs are to be preferred Choose them as fresh as possible.

Eggs for preserving must be quite clean, but as explained above, they

should not be washed, so dirty ones that cannot be wiped clean must be rejected. Those with rough shells or with flaws in the shell should also be rejected

There are a number of ways of preserving eggs, the two most popular are with waterglass or one of the special egg preservatives which can be bought at a chemist's shop. Follow the instructions given on the container very carefully.

Be particularly careful where you store eggs. It must be somewhere cool, for if the temperature rises above 45° F. the eggs will soon deteriorate. In an atmosphere that does not fall below 35° F. or rise above 45° F., preserved eggs may be kept for six or even nine months

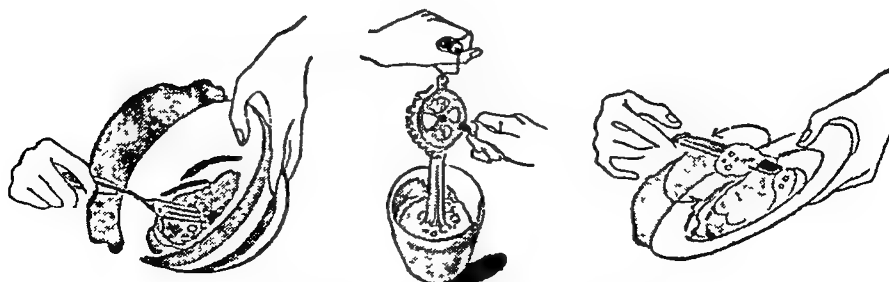
If waterglass is used, look at the container from time to time to see if any eggs have risen to the surface. These should be used at once. A warning must be given here, however, against making the waterglass solution too strong, for this may have the effect of sending quite good eggs to the surface, the reason being that the density of the solution becomes greater than the density of the eggs, hence they rise. So don't be tempted to put in more of the waterglass than the instructions tell you, thinking to be on the safe side!

How to prepare Eggs for Cooking

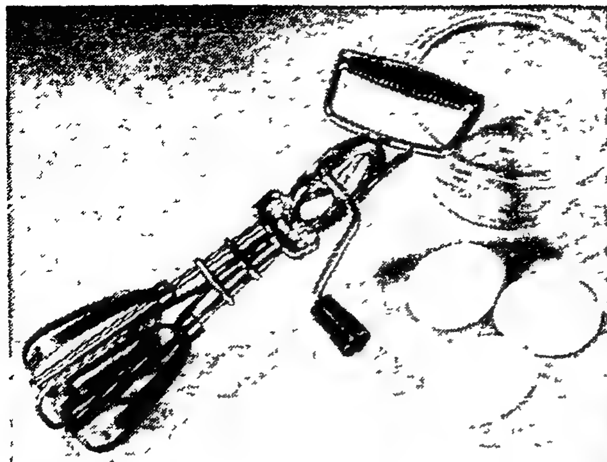
When making puddings and cakes, break each egg separately into a cup to make sure it is fresh before adding it to the other ingredients. Tap with the back of a knife all round the egg, put your thumbs in the crack and pull the shell in two

If you wish to separate the yolk from the white, tip the yolk carefully from one half of the shell to the other over a basin, until all the white has run out into the basin A small gadget may be obtained which simplifies the process of separating yolks from whites of eggs

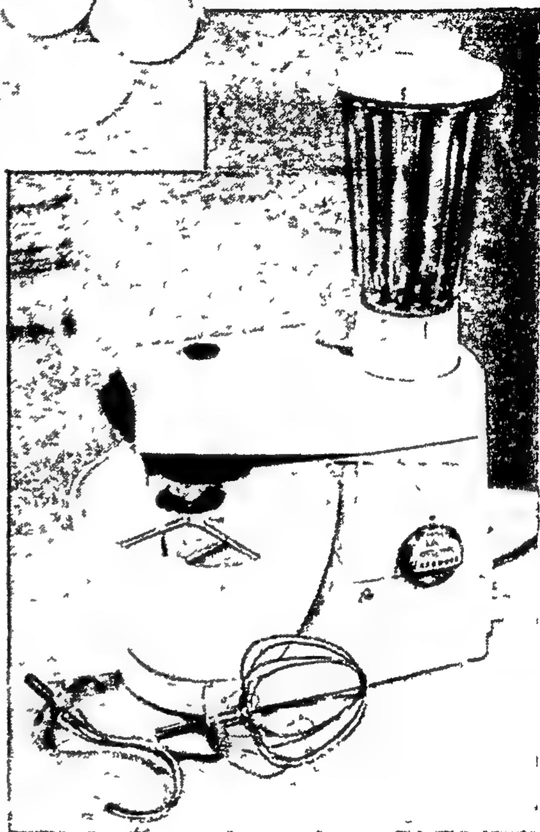
It is important that all utensils should be completely free from any trace of grease The small opaque thread which holds the yolk to the shell can be detached by cutting with a small piece of egg-shell, and the same method can be used to remove any small specks of egg yolk which may break into the whites, and which not only spoil the appearance but make the whites difficult to whisk properly.



Three ways of beating eggs by hand



Egg-whites will be quickly beaten to a stiff froth with this attractive egg-beater It is almost silent in use, and the easy to clean stainless steel blades, will not slip The angle of the handle gives a good grip and firm control



Food preparation, with the aid of the new "sheerline" electric mixer, is no longer a laborious drudgery In addition to whisking whites of eggs into mountains of froth, it will beat up light mixtures for cakes and puddings, knead doughs for bread and buns, prepare purées and pulps, peel, shell and slice vegetables, extract juices and open cans

How to Beat Eggs

Whatever the method used, eggs increase in volume when beaten, this is particularly so when an electric mixer is used Air is beaten into the egg causing the white to froth up and expand If you use a wire whisk or a fork, break the eggs into a wide bowl, and beat the EGGS and not the side of the bowl A narrower basin, deep enough for the wheel to be covered by the eggs is better when using a rotary whisk

The high speed whisk of an electric mixer will whip up whites of eggs in a very short time. There is a smaller, hand operated model very suitable for this purpose.

One or two egg-whites can be whipped to a stiff froth on a plate, using a broad-bladed knife—a pinch of salt helps them to stiffen. Always beat whole eggs or whites in a cool place

How to serve Raw Eggs

Shell eggs are most easily digested when raw, and raw-egg drinks are often prescribed for invalids There are a number of ways in which they can be served Beat a fresh egg in a basin and strain into a breakfast cup Add slowly one teacupful hot milk, or hot tea or coffee or home-made lemon water and add sugar to taste A little sherry (about one tablespoonful) is often added to the hot egg and milk drink

Egg-water is prepared by mixing the white of an egg with a small teacupful of water without beating This is a nutritive solution which, if ordered by the doctor, can be added to other drinks.

WHY EGGS MUST BE COOKED SLOWLY

Eggs contain a substance called albumen which sets at a temperature of 160° F., which is lower than the temperature of boiling water (212° F.) When heated above 160° F the egg tends to become hard and tough For this reason eggs should always be cooked slowly, especially when boiled, poached, scrambled or made into custards.

This is also the reason why, when beaten eggs are used to thicken sauces, etc , the liquid should not be allowed to boil after the eggs are added If it boils, the eggs set rapidly in tiny, hard flakes and thus ruin the texture of the sauce. Cooks say they have "curdled."

How to coddle Eggs

Coddled eggs are especially recommended for children and invalids because they are more easily digested than eggs boiled in the usual way. The white of a coddled egg is never tough

Lower the eggs gently with a spoon into a saucepan of boiling water deep enough to cover them Put on the lid and let the saucepan stand for about seven minutes where the water will keep hot but will not boil This is for a medium-cooked egg Allow about five minutes for a soft-boiled egg and about twenty minutes for a hard If you are cooking by electricity, choose a saucepan with a tight-fitting lid Put in the eggs with enough cold water to cover them Switch to "high" until the water boils, then switch off and leave the eggs in the pan for a further four minutes.

How to boil Eggs

1 Have ready a saucepan of boiling water deep enough to cover the eggs This is important as the eggs may be unevenly cooked if not covered with water.

2. Lower the eggs into it carefully with a spoon, taking care to let the spoon touch the bottom of the pan before withdrawing it.

3 Cover and boil *gently* for three to three and a half minutes for a new-laid egg which is to be lightly cooked, four to five minutes for one which is to

be well set, and a good ten minutes for a hard-boiled egg. If the eggs are not actually new laid they will take a little less time. Be careful not to let the eggs boil rapidly or the shells may crack and the whites will be tough

4. When ready, place in egg-cups, giving each egg a slight crack on the top to allow the steam to escape and thus avoid further cooking. Egg-cosies are knitted easily out of scraps of wool and are most useful for keeping eggs warm while being sent to table.

HARD-BOILED EGGS

for sandwiches, salads, etc

Proceed as above for boiled eggs, but boil for ten to twelve minutes Crack the shells as soon as the eggs are done and plunge them into plenty of cold water This helps to avoid the dark ring round the yolk It also makes them much easier to shell.

To shell hard-boiled eggs, tap all round with the back of a knife and the shell can then be removed without damaging the white Rough cracking often tends to loosen the yolks from the whites and this spoils the appearance of the egg

Common error. The dark ring round the yolk which is caused by overcooking

How to poach Eggs

1 Pour water into a frying-pan or shallow saucepan to the depth of about 1½ in. (enough to cover the eggs)

2 Add a level teaspoonful salt and a teaspoonful vinegar to each pint of water used

3. Bring the water to the boil

4. Take one egg, break it into a cup, taking care to keep the yolk whole, and slide it gently into the water Repeat with the other eggs Only break one egg at a time, in case one should be bad

5 Turn down the heat so that the water is only simmering Tilt the pan and with a tablespoon gently gather the white together round the yolks Simmer for three minutes or until the whites are nicely set.

6 Lift out with a fish slice, drain and serve on hot buttered toast

Common error. A broken yolk caused by the egg being removed carelessly or before it is properly set

How to scramble Eggs

When scrambling eggs be careful not to cook them too quickly or too long.

1. Beat the eggs well Add salt and pepper and a tablespoonful of milk for each egg

2 Melt just enough butter or margarine in a saucepan to cover the bottom

of the pan. Before it is hot, put in the eggs and cook slowly over a very gentle heat. A double saucepan may be used if preferred, or a basin in a saucepan with boiling water halfway up the sides of the basin.

3. As the eggs set on the bottom and sides of the pan, stir the flakes off gently with a spoon, but avoid stirring more than is necessary to prevent eggs sticking to the pan.

4 Serve as soon as they are set (about five minutes); they should be soft and creamy Eggs should be removed from the heat before they are quite set, as they tend to go on cooking.

Common error. Tough flakes floating in a watery fluid, caused by cooking too rapidly or for too long.

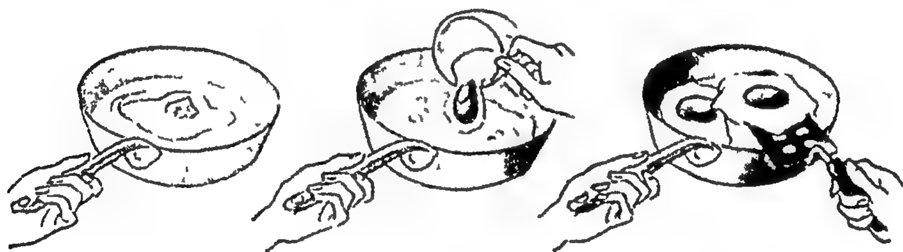
How to fry Eggs

1. Heat enough fat in a frying-pan to cover the bottom generously.

2 Break the eggs one by one into a cup and, if fresh, slide gently into pan.

3. Fry until the whites are well set. They may be drawn gently round the yolks with a spoon during frying, and when the whites are set the yolks may be basted with a little fat.

4. Remove with a fish-slice and drain well, taking care not to break them.



Slide the eggs gently into pan or they will break

How to bake Eggs

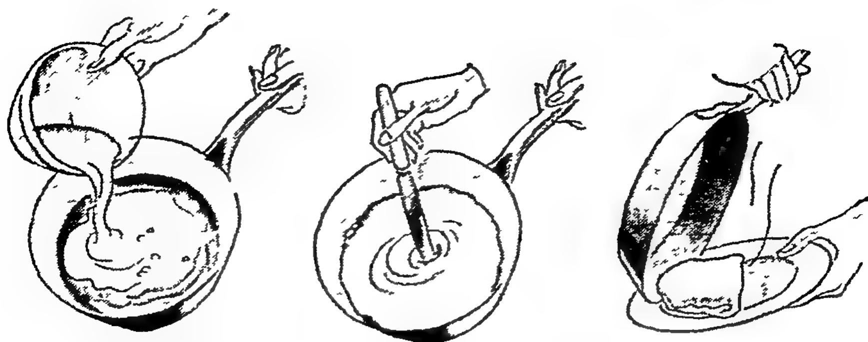
1 Lightly grease a flat fireproof dish or pie-dish (or small dishes).

2 Break the eggs one by one into a cup and slide gently into the dish.

3 Sprinkle with salt and pepper and put a few tiny flakes of butter or margarine on top

4 Bake in a moderate oven until the whites are set, but they must not be allowed to harden

5 Serve from the dish in which they were baked



Slightly tilt the pan by raising the handle

How to make an Omelette

A perfectly clean, smooth and unbuckled frying-pan is needed for making omelettes If possible, buy a special pan and keep it for omelettes only If the pan shows signs of sticking, put a teaspoonful of salt in it, heat it, and rub it well round the pan with a piece of greased paper, and then throw the salt away.

1. Allow two eggs per person.

2. Beat the eggs lightly, just enough to mix the whites and yolks, but no more.

3. Season with salt and pepper.

4 Heat just enough butter, lard or clarified dripping in the pan to cover the bottom (Not more than ½ oz for an 8-in pan.) Do not use margarine, as there is too much moisture in it.

5 When the fat is very hot, pour in the eggs and cook briskly, stirring gently with a knife or fork As the egg sets, slightly tilt the pan by raising the handle and push the set flakes towards the handle, thus allowing the liquid egg to run down on to the hot pan

6 Immediately all is set, tilt the pan forward and roll the omelette over, turning in the edges.

7 Roll on to a very hot plate. Serve at once. (If the omelette is to be filled, add the hot, cooked filling, such as chopped fried mushroom, tomato, bacon and so on, just before the omelette is rolled over.) If a sweet omelette is required, fill with jam, previously warmed

Common error. Overcooking, which makes the omelette unpleasantly dry and tough.

How to make Egg Custards

Eggs are used to thicken milk for custards without the addition of cornflour, flour, etc. It is important to remember that after the eggs have been added the milk must not boil (See page 74, "Why eggs must be cooked slowly.")

Boiled or Pouring Custard

Pouring custard is a much better name to use than "boiled," as egg custards must on no account be boiled. Custard sauce is another good name for it.

1. Beat the egg lightly, allowing two to three eggs to one pint of milk.

2. Heat the milk and pour gradually on to the eggs, stirring all the time. Cold milk may be added to eggs if preferred.

3. Add sugar and flavouring, if any, and stir well.

4. Cook in a double pan or in a jug standing in a pan of boiling water. Stir all the time with a wooden spoon.

As soon as the custard has become thick enough (this will take about twenty minutes), remove from the heat.

5. If the sauce is not to be served immediately, pour about a tablespoonful of water on top, just enough to make a film of water over the surface; this prevents a skin forming on it

Baked Custard

1. Proceed as for boiled custards (1, 2 and 3), and then pour the mixture into a greased dish.

2. Sprinkle the top with nutmeg, if liked.

3. Stand the dish on a baking tin with hot water halfway up its sides

4. Bake in a moderate (350° F.) oven until set. The time will depend on the depth of the dish, but it is not likely to be less than thirty-five minutes for a pint custard. To test, insert a knife, and if it comes out clean the custard is set and ready for serving.

Steamed Custard

Proceed as for boiled custards (1, 2 and 3), then pour into a greased basin or mould, or into individual moulds. The last-named will take less time to cook and so are economical with fuel.

Stand in a steamer or a pan with water not more than two-thirds of the way up the sides of the moulds Simmer, not boil, until the custards are set Time and test as for boiled custards.

Custard Tarts

Proceed as for boiled custards (1, 2 and 3), then pour the custard into unbaked pastry cases Bake in a hot oven for forty to fifty minutes Test as for baked custards.

If a more elaborate custard tart is required, spread a layer of dark-coloured jam on to the pastry before putting in the custard.

Fish

APART FROM shell-fish there are two main types of fish, sea fish and fresh-water fish Sea fish are divided into two groups· the fish that swim in deep water (demersal fish) and the fish that swim on the surface (pelagic fish) Herrings, mackerel and sprats are the three main kinds of surface-swimming fish that are sold in Great Britain All three are oily fish, that is, their oil is dispersed right through their fibres instead of being concentrated only in their livers, as it is with deep-sea fish. This makes the surface-swimming fish of particularly high food value

Seasons for Fish

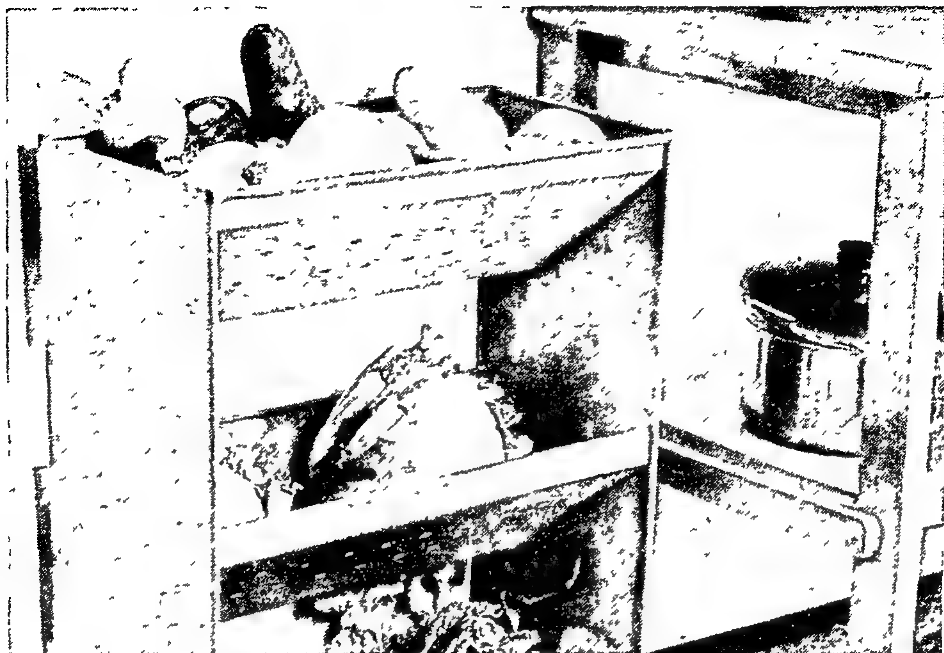
Deep-sea fish, or "white fish" as it is called, to distinguish it from the darker, oily fish, is on sale all the year round, but during the spawning season it is naturally in poor condition. These lists give the fish which are most commonly found on the fishmonger's slab, with the time of the year (in Great Britain) when they are at their best

Sea Fish

DEEP-SEA OR WHITE FISH

Seasonable all the year round, but at their best in the undermentioned months

Brill	January, February, March
Cod (also cousins Ling and Saith)	September to February
John Dory	January, February, March
Flounders	January, February, March
Gurnard (or Gurnet)	July to April
Haddock	May to February
Hake	June to February
Halibut	July to April
Lemon Soles	December to May
Mullet—Red	July to September
Mullet—Grey	July to February
Plaice	July to January
Sea Bream	June to December
Skate	September to February
Soles	July to February
Turbot	August to February
Whiting	November to February
Witch-sole	August to April



Vegetables are best stored in a rack made for the purpose This allows air to circulate and helps to keep them fresh and crisp

SPECIAL POINTS

Parsnips Parsnips may be cut in two lengthwise and the centres, if hard, removed The cavities so made may be stuffed with forcemeat and the halves fitted together again before baking Time, one to one and a half hours

Beetroot. Wash carefully, taking care not to break the skin Bake whole in a baking tin or on a shelf in a moderate oven To test when tender, pinch the skin If it rubs off readily, the beet is cooked Peel and slice Serve sprinkled with parsley.

HOW TO BAKE OR STEW ROOT VEGETABLES IN MILK

1 Prepare as described, but slice finely

2 Place in a pie-dish or casserole, with enough milk to cover.

3 Bake until tender in a moderate oven, or stew over a low heat (one to one and a half hours).

4 Season with salt and pepper and either thicken the milk to make a sauce or, if baked, sprinkle the top liberally with browned breadcrumbs, dot with fat and return to the oven to brown the top.

HOW TO FRY ROOT VEGETABLES

Root vegetables may be fried, either raw or cooked.

1. If raw, prepare as described, but slice finely.

2. Fry in a little very hot fat in a frying pan Sprinkle with salt Turn the slices to brown on both sides.

How to cook Potatoes

Potatoes may be boiled, baked, roasted, fried or stewed. Wherever possible, cook potatoes in their skins. If peeling is necessary, peel as thinly as you can New potatoes can be scraped but have more flavour if cooked in their skins Avoid soaking potatoes after peeling.

How to boil Potatoes

1. Scrub the potatoes, removing the eyes If large, cut in two, lengthwise.
2. Put in a pan with just enough boiling salted water to cover them.
3. Cook with the lid on, but do not let the water "gallop," or the potatoes may become mushy. The old rhyme says :

"A potato fast boiled
Is a potato spoiled."

4. Test after fifteen to twenty minutes with a vegetable knife or skewer. If they are tender, drain well.
5. Dry for a few minutes over a very low heat with the lid tilted to allow the steam to escape. Shake gently several times during drying.
6 Boiled potatoes go soggy if they are closely covered. If your vegetable dish lid has no ventilation holes, tilt it slightly.

How to Mash Boiled Potatoes. Boil as above and peel immediately, or peel and boil. Press through a sieve, or mash thoroughly with a large fork. Season with salt and pepper, stir in a piece of butter and enough hot milk to make a thick, creamy mixture Whip well and serve very hot.

How to bake Potatoes

HOW TO BAKE POTATOES IN THEIR JACKETS

1. Scrub the potatoes and wipe them dry. Good-sized ones are best
2. Prick the skins with a fork, but do not dig the fork into the potato
3. Rub the skins with a little bacon fat or with a buttered paper.
4 Bake in a hot oven (400°–450° F.) until tender. Time, forty-five minutes to one hour.
5. To test if done, squeeze gently in a cloth. If the potato is soft, it is ready. Prick deeply with a fork and return to the oven for a minute or two to let the steam escape. This makes the potato floury.
6. Serve with butter, salt and pepper. The skins should be eaten

HOW TO BAKE PEELED POTATOES

Peel the potatoes thinly and put them in a baking tin with enough water to half fill the tin If possible the potatoes should not touch each other Sprinkle with salt. Bake in a hot oven for one and a half hours. The water will evaporate and leave the potatoes golden and floury.

How to roast Potatoes

Method (a). Scrub the potatoes, peel them thinly and cut into convenient pieces Put them round the joint in a baking tin, sprinkle with salt, and roast them with the joint until golden brown, turning if necessary. Time, one to one and a half hours This method uses up much of the dripping from the joint and is not to be recommended when fat is scarce.

Method (b). As in Method (*a*), but instead of putting the potatoes round the joint, roast them in a separate baking tin with a little dripping Do not let them swim in fat or they will become soggy This is much more economical with fat than Method (*a*)

Method (c). The most economical method of all is to slice the potatoes and lay them on a greased baking tin, sprinkle with salt, and roast in a hot oven without any added fat The potatoes will brown well, but are not so flavoursome as when a little fat is added

How to fry Potatoes

HOW TO FRY POTATO CHIPS

Scrub the potatoes and cut into slices about half an inch thick and then into strips about half an inch wide. If they are not to be cooked immediately, do not leave them exposed to the air, or they will turn brown, put them in a basin and cover with cold water Before starting to cook them, drain and dry them as thoroughly as possible with a clean cloth Fry in very hot fat (375° F) as described in "How to Fry in Deep Fat," on page 37 Do not put too many chips in the pan at the same time or they will lower the temperature of the fat too much, also they will tend to stick together and fry unevenly Fry until the chips are tender but only lightly brown, then keep them hot on kitchen paper until all are done Reheat the fat to 375° F and just before serving put all the chips back into the pan and fry for a minute, or until they are all golden brown Drain, sprinkle with salt and serve immediately This double frying ensures crisp chips instead of flabby ones.

HOW TO FRY POTATOES IN SHALLOW FAT

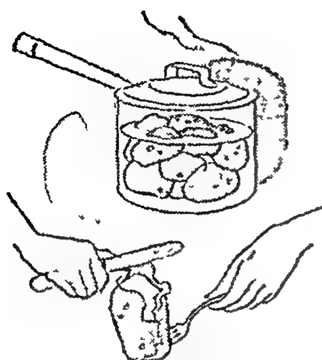
Peel the potatoes finely and cut into slices about a quarter-inch thick Fry in shallow fat as described in "How to Fry in Shallow Fat," on page 36 When ready, drain well, sprinkle with salt and serve very hot

HOW TO FRY BOILED POTATOES

Cut the cold boiled potatoes into quarter-inch slices and fry brown on both sides in very hot, shallow fat Drain well, sprinkle with salt, and serve with a sprinkling of chopped parsley or chopped chives.

HOW TO FRY MASHED POTATOES

Mash the potatoes thoroughly with a little warm milk or, if it can be spared, with an egg Season well with salt and pepper Form into rounds with floured hands Coat with egg and breadcrumbs, or with milk and breadcrumbs, or with flour, and then fry in very hot shallow fat until brown on both sides



Peel a freshly boiled potato this way

How to make Potato Salad

Boil the potatoes in their skins (waxy ones are best) When just tender, peel and cut them into dice. While still warm, bind with mayonnaise or salad dressing, add a little chopped onion or shallot and stir well with a wooden spoon. When cold, sprinkle with chopped parsley or chopped chives Potato salad makes an attractive hors d'œuvre, or it can be used with both cold meat and fish dishes Garnish if liked with sprigs of parsley or raw onion rings sprinkled on top

Pulses (or Legumes)

Pulses are vegetables which grow in a pod The chief fresh pulses are peas, broad beans, french beans and runner beans. For dried pulses, see page 142

How to Buy

Broad Beans. The pods should be well filled, but neither hard nor leathery.

French Beans. These should be light green and firm, not limp. Avoid yellow-looking ones

Runner Beans. As for french beans If the shapes of the beans in the pod are well defined, the beans are probably too mature to be good

Peas. Choose bright-green, well-filled pods. Avoid yellow-looking wrinkled pods, or those which are not rounded.

How to Prepare and Cook

BROAD BEANS

1. When very young, cook broad beans whole and unshelled for about ten minutes in a little boiling salted water

1. When a little older, slice and cook them like runner beans Alternatively, the beans may be shelled and the pods sliced. Cooking time will be about ten minutes

3. When the pods are furry and too old to eat, shell the beans and cook in salted water until tender (Ten to fifteen minutes)

4 When the skins of the beans are too tough to be pleasant eating, remove by blanching the beans before cooking (see page 142)

5 If allowed to mature on the plants, the beans may be shelled and stored for winter use as haricots They must be perfectly dry before being packed away in airtight containers.

FRENCH AND RUNNER BEANS

When these are young, cook them whole, removing only the "string" or rib on the upper side. Old beans should be sliced diagonally, finely or coarsely as liked Cook in just enough boiling water to cover until tender (about ten minutes). Drain and save the water for soup or stock.

PEAS

Shell and boil in salted water with a teaspoonful of sugar and a sprig of mint Do not cook too fast, or the peas will come out of their skins. Do not cook them too long, or they will harden and lose flavour, ten to fifteen minutes is usually long enough. Save the water for soup or stock.

The Onion Family

The most important members of this family are onions, leeks and shallots. Chives and garlic also belong to the onion family, together with pickling onions, spring or green onions, the tree onion, the Welsh onion, etc. All these vegetables give out a pungent odour when bruised, due to the presence of a volatile oil containing sulphur and other valuable minerals.

How to Buy

Onions. Spanish onions are large, juicy and mild, the other varieties are smaller, harder and more strongly flavoured Avoid bruised or discoloured specimens, also any that show signs of sprouting

Leeks. These must be fresh and firm Avoid those with withered green leaves or limp white stems Avoid any leeks which have a great deal of earth clinging to their roots, as it is poor housewifery to pay for earth. Avoid, also, any with a great weight of coarse green leaf

Shallots. Large shallots, say one inch in diameter, are the best to buy because the tiny ones take so long to peel.

Chives and Spring Onions. These are usually bought by the small bunch Avoid tired-looking or withered ones.

Garlic. Usually sold by the ounce

How to Store

Store onions in a vegetable rack or hang them up in a net bag.

Use leeks as soon as possible after buying. Store them, if necessary, in the vegetable rack until needed

Shallots, if perfectly dry, may be hung up in a paper bag.

How to prepare Onions

Cut off the roots and peel off all brown skin If the taste is considered too strong, scald the onions by pouring boiling water over them. Leave for a few minutes, then drain.

How to cook Onions

Onions may be boiled, fried, braised, stewed, baked in milk, stuffed, or baked in their skins. They are also chopped and used to flavour other dishes, including salads.

HOW TO BOIL ONIONS

Prepare as above. If they are very large, cut in halves or quarters Proceed as for root vegetables (see page 130).

HOW TO BRAISE ONIONS

Proceed as for root vegetables (see page 130).

HOW TO BAKE OR STEW ONIONS IN MILK

Proceed as for root vegetables (see page 131).

HOW TO BAKE ONIONS IN THEIR SKINS

Take off any loose brown skin, but do not peel. Place the onions in a baking tin to bake in a moderate oven until soft. Time, one to two hours, depending on the size.

HOW TO FRY ONIONS

Method (a). Proceed as for root vegetables (see page 131).

Method (b). When fat is scarce, slice the onions as before, put in the frying pan, pour in enough water to come half-way up the onions, add a few shavings of fat and a sprinkling of salt and cook until the water is evaporated and the onions soft and golden.

How to prepare and cook Leeks

Leeks may be boiled, steamed, braised or stewed. Both green and white parts can be eaten. The tender parts may be used in salads. Trim off the roots and the coarsest of the outer parts. Split down the middle and wash very thoroughly, looking carefully between the segments for grit or soil.

Then boil, steam, braise or stew as for root vegetables (see page 130).

How to prepare and cook Shallots

Shallots are much milder in flavour than onions They are usually used to flavour dishes or in salads, but, if a fairly good size, they can be cooked as onions.

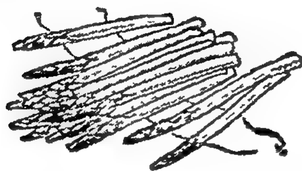
Chives, see page 135; spring onions, see page 135; garlic, see page 135.

Other Vegetables

HOW TO BUY	HOW TO PREPARE AND COOK

Asparagus. This must be very fresh If the heads droop and the cut ends are brown, do not buy. Small varieties have often more flavour than the larger ones.

Scrape the white parts very lightly with a knife, then wash in cold water, being very careful not to break the tips. Tie in bundles with the heads all facing one way. Choose a saucepan large enough for the bundles to lie flat Cover them with boiling salted water and a little lemon juice if available Boil gently until the green part is tender, then drain. Serve with melted butter or hollandaise sauce. The asparagus may be cooked in a steamer if preferred.



Aubergine or Egg Plant. The purple aubergine is the more common. It is shaped like a small outdoor cucumber. The white aubergine is shaped exactly like an egg, but it is usually considered inferior in flavour to the purple.

Wipe or wash. Peel only if the recipe requires it. Aubergines may be baked, fried in slices dipped in flour or batter, sautéd or poached



Celery. Small heads of celery are usually the sweetest and crispest. Avoid limp-looking or bruised heads.

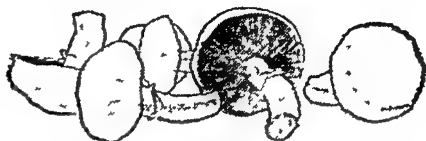
Remove the outside stalks and use for soup, etc. Cut off the roots Separate the white stalks and wash them thoroughly. The very tender green leaves may be eaten as well as the white stalks. Celery may be braised or stewed in the same manner as root vegetables. It is excellent eaten raw.



Cucumber. Hothouse cucumbers should be straight, plump, smooth and very firm to the touch Ridge or outdoor cucumbers are shaped like very small marrows and have rough, uneven skins, but are full of flavour. They should be bought when crisp and fresh.

Wipe with a damp cloth If served raw, hothouse cucumbers should not be peeled as the peel aids digestion. If they are to be served as a dish by themselves, cut in wafer-thin slices, sprinkle with salt and allow to stand about one hour before serving If they are to be eaten in salads, cut into convenient slices or small chunks Although usually served raw, cucumbers may be boiled, steamed or stewed in the same way as root vegetables.

HOW TO BUY	HOW TO PREPARE AND COOK
Endive. There are different kinds of endive, but the two commonest varieties in Great Britain are the curly green-leaf endive blanched white near the roots, and the one with a broader and whiter leaf, often called Potato Endive. Endive should be very fresh, with tender green leaves, it should never be bought when coarse or faded.	Wash thoroughly, discarding the coarsest of the green leaves. Separate the leaves from the root. Although usually served in salads, endive may be braised or stewed (See Root Vegetables, page 130.) 
Globe Artichokes. Choose young, fresh globes. The green ones are considered better than those tinged with purple 	Cut off the stalk and remove the hard outside leaves. Cut off about one inch from the leaves at the top, thus making an opening in the top centre. Wash well and drain them, heads down. Boil, points down, in enough salted water to cover, until the leaves come away easily when pulled Serve with melted butter or cold hollandaise sauce served separately.
Jerusalem Artichokes. Jerusalem artichokes are irregular, warty-looking tubers It is wise to buy good-sized artichokes, even if they are slightly dearer than smaller ones, because the latter take so long to prepare for cooking. Be certain to buy firm ones and use them within a few days, they get limp and lose flavour with storage	It is much better not to peel artichokes before cooking Scrub them well and steam them until tender, then rub off the skins This preserves their flavour, much of which is lost when artichokes are peeled and boiled. After steaming and rubbing off the skins, serve the artichokes tossed in melted butter or heated in a white sauce. If par-steamed and peeled, they may be baked with a little butter with or without grated cheese sprinkled on top, or they may be sliced and fried.
Marrow. Choose small marrows. They are best of all when about six inches long, before the seeds have formed For jam-making some people prefer large ripe marrows These have a woody skin and will keep for months if hung in a net bag in a dry larder.	Young marrows (about six inches long) should be wiped and cooked whole. Older ones will require to be cut but not peeled before cooking, unless the skin is very hard The seeds may be eaten unless the marrow is ripe, in which case they should be removed before cooking. Marrows are best steamed, braised or baked. Avoid boiling marrow, as this makes it very watery and tasteless.

HOW TO BUY	HOW TO PREPARE AND COOK
Mushrooms. Look for a firm white stem, a fleshy top with pink-brown gills underneath and a pleasant smell. Do not buy mushrooms when they are sodden and black If mushrooms are picked in the country, care should be taken to see that they are of an edible kind They should peel	If mushrooms are fresh there is no need to peel them Trim the stalks and wipe the tops carefully with a clean, wet cloth. Old ones should be peeled. Mushrooms are best grilled, fried, stewed in milk, or baked in butter. 
Pumpkin. This belongs to the same family as the marrow. It is generally sold by the pound Choose young pumpkins when possible	Unless pumpkins are very young they should be peeled They easily absorb the flavour of other foods, such as apples, with which they are often cooked Pumpkins should be cooked as for marrows, or made into sweet dishes
Salsify. There are two kinds of salsify, the black and the white The white is the kind most usually seen in Great Britain It looks like a thin parsnip and in taste resembles asparagus Choose firm roots	Wash well and scrape lightly If they are not to be cooked immediately, cover with cold water to which a little vinegar has been added, to prevent them discolouring. Boil in enough salted water to cover, with a dash of lemon juice or vinegar. Test with a fork, and when tender drain and serve with melted butter sauce. Salsify can also be cooked in any of the ways recommended for parsnips
Sea Kale. The leafy stalks of sea kale are usually bleached and forced for sale in the winter, but if not forced they mature in the spring and have far more flavour They must be bought firm and fresh, or their delicate flavour will be impaired.	Trim off the thick ends of the stalks and wash very carefully in cold water. Sea kale should be steamed until tender, then served with a little melted butter, or it can be simmered slowly in a little vegetable stock if preferred It is excellent eaten raw in salads 
Sorrel. This looks rather like a small-leafed spinach It must be young or it will be too bitter for many people's taste When older it may be cooked mixed with spinach or lettuce.	Pick over carefully, rejecting the discoloured leaves and coarse stalks Wash in several waters Cook as for green vegetables Excellent in soup 

HOW TO BUY	HOW TO PREPARE AND COOK
Sweet Corn. To tell when it is ripe, press one of the corns lightly If "milk" oozes out, it is ripe. Do not buy if it is young and immature or old and hard.	Strip off the wrappings and tassels carefully, leaving the last one on Cook in boiling water, unsalted, for ten to fifteen minutes Longer cooking tends to toughen the corn Drain and eat with a pat of butter, mixed well with salt and pepper.
Tomatoes. Buy firm ones only. There are two kinds of tomatoes, red and yellow. The yellow, though somewhat uncommon, are considered by many people to be the better flavoured.	When served as a vegetable, tomatoes are not usually peeled. If peeling is desired, plunge into boiling water for a minute, then into cold. The skins can then be peeled off easily. Grill, fry, braise, bake or stew.

How to salt Runner Beans

Both runner and french beans may be laid down in salt for winter use, but runner beans are the more successful. Stoneware or glass jars are the best containers For small families, two-pound jars, with screw-on lids, are the most convenient.

Choose young beans only, the fresher the better Small beans may be salted whole, but the larger ones should be sliced in the usual way Allow one pound of salt for each three pounds of beans

To be miserly with the salt is a mistake, because, if you are, the beans will probably turn slimy. Put a layer of salt an inch deep in the bottom of the jar, then alternate layers of beans and salt, pressing each layer down firmly to avoid air pockets between the beans. Finish with salt deep enough to cover the beans completely. Cover the jar and look at it each day for the next few days and, as the beans shrink, press in more layers of beans and salt. Then cover securely with a lid or a pasted-down jam cover and store in a cool, dark place

Gradually the salt will draw the moisture from the beans and finally may form a brine Don't throw the beans away if this happens, for it is quite in order. Look at the jars occasionally to make sure that the brine has not evaporated and left the beans exposed. If this should happen, your cover has not been good enough Add a little more salt and re-cover.

Before cooking the beans, wash them thoroughly in several waters, then soak for two hours in warm water. Longer soaking tends to make them tough. Cook as usual, but do not add salt to the water.

COMMON ERRORS

Beans turn slimy because · (*a*) Too little salt was used. (*b*) Beans and salt were not pressed down hard enough

How to bottle Vegetables

Although bottling vegetables is simple, to be sure of success they really need a high-pressure cooker and a much greater heat than fruit.

Prepare the vegetables as for cooking Vegetables will not keep if only bottled in plain water To every quart of cold water add half an ounce of salt and stir until it has dissolved, then add a generous spoonful of strained lemon juice Stir well before using

Vegetables must be blanched before being bottled. To do this you will need a muslin bag. Put the prepared vegetables into the bag, tie it at the top and drop it quickly into boiling water. Boil for three to five minutes and then take out the bag and plunge quickly into cold water Leave for a minute and then pack the vegetables into the bottles, filling them within an inch of the top Cover with the salted lemon water Fit on screw-tops and screw lightly Put the bottles in a pressure-cooker and add enough cold water to cover them completely Place over a slow heat and bring very gradually to the boil Keep boiling for one and a half hours Take them out and screw the tops as lightly as possible. Leave for forty-eight hours, then test them for seal

How to dry Vegetables

Vegetables suitable for drying are peas, beans, onions, celery leaves and outer sticks, and mushrooms

Drying should never be used for a vegetable which can be stored fresh, such as the carrot, for much of the goodness is lost during drying

Of the five vegetables listed above, three, viz, onions, mushrooms and celery, will be found useful when dried for flavouring dishes When you have a garden glut of the other two, viz, peas and beans, it is far better to dry them than let them go to waste, although the dried products are poor substitutes for the fresh Dried peas, especially, are apt to be disappointing

TEMPERATURE FOR DRYING

Drying should be carried out at a temperature not higher than 150° F. This is about the temperature of a good airing cupboard. If exceeded, the vegetables may be spoilt, the outsides becoming over-dried, while the insides are still moist The warming rack over a stove, a very cool oven or a good airing cupboard may all be used Drying may be continued on several successive days.

EQUIPMENT FOR DRYING

Some kind of tray is needed on which to spread the vegetables This may consist of muslin stretched over an oven rack, a wire cake-tray, or a home-made rack made by nailing pieces of wood into a frame to fit the oven or cupboard, with muslin stretched over it. If the muslin is new, it should be scalded before use or it may scorch.

HOW TO DRY

HOW TO SELECT	HOW TO PREPARE AND DRY
Peas. These should be well-developed, but young and tender. The best drying pea is Harrison's Glory.	(*a*) Cover with boiling water and boil for five minutes, plunge into cold water and drain. Dry until crisp and brittle. (*b*) Cook in salted water until tender but still firm, then drain. Dry until crisp and brittle.
Broad Beans. These should be developed in the pods, but not mature	Remove from pods. Blanch as (*a*) for peas Dry until crisp and brittle.
French and Runner Beans. These should be young and very fresh.	Slice. Blanch as (*a*) for peas Dry until brittle.
Onions. Dry only those which will not keep by the ordinary method of storing.	Peel, cut into strips Dry until crisp.
Celery leaves and stalks. Select any that are not blemished or frost-bitten.	Dip in boiling water for one minute and drain. Dry until crisp.
Mushrooms. These should be very fresh.	Remove the stems and wipe the tops but do not peel. Dry until crisp

How to store Dried Vegetables

After drying, leave to cool for at least twelve hours Pack them in airtight jars or tins. Store in a dry place, if possible in the dark. Examine them at intervals for mould. This may develop if the vegetables have been insufficiently dried or if they are stored in a damp place.

How to use Dried Vegetables

Peas and Beans. Soak for twelve hours and cook gently in the soaking water until tender. If very hard, a level teaspoonful of bicarbonate of soda may be added to each pound of peas or beans The cooking time will be about two hours.

Onions. Cover with boiling water and soak for at least one hour. Use in stews, etc., but not as a dish by themselves.

Celery Leaves and Stalks. Use for flavouring stews, soups, etc.

Mushrooms. Use these for flavouring stews, soups, etc.; there is no need to soak them before use.

Fruit, Fresh and Preserved

Fresh Fruit

THERE ARE three main classes of fresh fruit · (*a*) Soft fruit, such as strawberries, raspberries, gooseberries and currants. (*b*) Hard fruit (including stone fruit), such as apples, pears, plums and damsons. (*c*) Citrus fruits, such as oranges, lemons and grapefruits.

How to buy Fresh Fruit

Fruit for immediate eating must be fresh, fully ripe, sound and dry Avoid fruit that has been exposed to dust. When buying by the basket, examine the fruit below the top layers and also see that allowance is made for the weight of the basket itself

Fruit for jam must be fresh, sound, ripe but quite firm The exception to this rule is the gooseberry, which must be made into jam before the skin has toughened, that is, before the berry is ripe It is important that fruit for jam should be picked on a dry day and after the dew has dried Jam made from fruit gathered when damp tends to go mouldy.

How to prepare Fresh Fruit for Dessert

All fresh fruits with a few exceptions, such as quinces, morello cherries, cooking apples and cooking pears, and rhubarb (which is not a true fruit), can be eaten raw if fully ripe

Handle the fruit as little as possible Be particularly careful not to rub the bloom from fruits such as grapes, apricots and peaches Do not wash fresh fruit unless it is necessary.

Arrange the fruit attractively in a bowl, if possible using green fruit leaves as a decoration

Apples	**Gooseberries**	**Oranges**
Apricots	**Greengages**	**Peaches**
Bananas	**Grapes**	**Pears** and
Fresh Figs	**Nectarines**	**Tangerines**

can be served as gathered

Blackberries should be picked over and the hulls, stalks and any damaged fruit removed If they are not to be used at once, spread them on a flat dish, because they quickly go mouldy in a basket. They can be sprinkled with sugar before serving if liked.

Cherries and **black, red** and **white currants** should not be stalked.

Grapefruit should be cut in halves through the middle (not end to end) Remove the seeds with a fork. With a sharp, pointed knife loosen the segments of fruit from the membrane and rind, so that the fruit can be easily eaten

with a spoon Sprinkle with sugar at least ten minutes before serving. For special occasions put a crystallized cherry in the centre of each half, and add a dash of maraschino.

Greengages and **plums** should have their stalks removed.

Raspberries should be picked over carefully and the hulls and stalks removed. If they are dry, serve with cream and sugar handed separately. They are often preferred sprinkled well with sugar (caster sugar if possible), and allowed to stand for several hours to draw out the juice

Strawberries should be picked over carefully and the stalks and hulls removed Serve in a bowl with sugar and cream handed separately.

To prepare fruit for Fresh Fruit Salad

Use a stainless or silver knife for fruit.

Apples ..	Peel and core.
Bananas . .	Peel
Currants (fresh) .	Strip from stalks with a fork.
Gooseberries .	Top and tail with kitchen scissors.
Grapes	Skin and remove seeds
Oranges, grapefruit, etc.	Peel and remove white pith and pips
Pears	Peel and core.
Raspberries .	As for dessert.
Strawberries	As for dessert.
Stone fruit (apricots, cherries, peaches, plums, etc)	Remove stalks, cut in two and remove stones.

How to make a Fresh Fruit Salad

Method 1. After preparing the fruit as above, divide it into even-sized pieces Use a stainless or silver knife. Arrange it in layers in a deep bowl, sprinkling each layer with sugar (caster if possible) Put aside for an hour or two to draw the juice If there is not enough juice to moisten the fruit well, add the juice of one or two oranges. To do this, roll an orange on a board for a minute or two, pressing it hard with your hand as you do so Then cut into two and squeeze out the juice with a lemon squeezer and pour it over the salad

Method 2. If no juicy fruit is available, make a syrup by dissolving sugar in water in the proportion of two ounces of sugar to a quarter-pint of water Heat until the sugar is dissolved When cold, pour over the salad. There should be enough syrup to moisten the fruit thoroughly A little wine and a dessertspoonful of brandy or líqueur are a great improvement to a fruit salad Or a dash of lemon juice may be added to give extra flavour.

Serve the salad very cold, either from the bowl or in individual glasses.

How to stew Fresh Fruit

Fruits suitable for stewing are apples, blackberries, cooking cherries, currants (black, red and white), damsons, elderberries, green gooseberries, greengages, loganberries, raspberries, cooking pears, plums, quinces and rhubarb.

Prepare as for fruit salad Treat elderberries as currants, loganberries as blackberries Wash, peel and core quinces and cut in thin slices Wipe rhubarb and trim the ends, peeling off any skin that is stringy, cut into convenient lengths.

Method 1. For the busy housewife Put the prepared fruit in a saucepan or in a casserole if it is to be cooked in the oven. Add just enough water to prevent burning, the less water used, the better the flavour of the fruit. Cover and heat to simmering point, then stir in enough sugar to sweeten. The amount will depend on the tartness of the fruit and on individual tastes. As a rule, three to four ounces of sugar is ample for one pound of sour fruit. Stir until sugar is dissolved, then replace the lid and continue simmering until the fruit is tender

The time taken will vary with the kind of fruit and may be anything from ten to fifteen minutes for berries, to one and a half to two hours for quinces and two to three hours for very hard pears



Fruit stewed in a casserole makes a delicious summer sweet Turn into a glass dish and serve with mock cream

Method 2. For special occasions.

1. Prepare the fruit as above.
2. Make a syrup by dissolving four ounces of sugar to half a pint of water for each pound of sour fruit.
3. When the sugar is dissolved, add the fruit, then cover and simmer gently until tender. Do not let the liquid boil, as this will tend to break up the fruit. Turn the fruit in the syrup once or twice.
4. When the fruit is tender, but not pulped, place it carefully in a serving dish. The time taken will be practically the same as for Method 1. Pour the syrup over, or, if liked, boil it until thick before pouring it over the fruit
5. Serve the fruit hot or cold.

How to make a Fruit Pulp or Purée

Stew as in Method 1, and then rub the fruit through a sieve. The smooth pulp which results can be used for fruit fools, sauces, whips or jellies.

How to bake Cooking Apples and Pears

Choose unblemished fruit. Wipe clean and remove the stalks. Apples may be cored with a corer, or else the skin should be slit in a small ring near the top to prevent the apple from bursting during cooking.

Place the apples or pears in a shallow baking dish or baking tin. Pour in about half-inch of water and add a tablespoonful of brown sugar or syrup to each apple or pear Pears are improved by having a clove inserted in each one. If apples are cored, the centres can be stuffed with a mixture of chopped dried fruit and a little mixed sweet spice.

Bake in a moderate oven until tender. Apples will take about thirty minutes, but pears need much longer, usually one to one and a half hours. Serve hot or cold

How to make Fruit Pies, Puddings and Tarts

(See pages 187, 192, 193)

Preserved Fruit

A well-stocked store cupboard containing home-made jams, bottled fruits, dried and perhaps crystallized fruits can be a source of great satisfaction If the underlying principles for preserving fruit are understood, the actual processes are simple and interesting The aim in the preservation of all food is to prevent spoilage This spoilage is caused by three things : 1. Yeasts 2. Moulds 3 Bacteria

These three are present in food, air and the earth. The clearer the atmosphere, the less chance of the development and growth of yeast and moulds. It is for this reason that many new jam factories are in the country not far from the fruit-growing districts.

Yeasts and moulds grow and thrive in the presence of weak acid, therefore they attack fruits because they contain this acid. These yeast and moulds can be both seen and smelt, especially in soft fruits, when the weather has been thundery.

Some bacteria do not thrive in the presence of acid, therefore these are not found in fruits, but they grow easily on vegetables, especially those rich in starch and nitrogen Bacteria are much more difficult to kill than yeasts and moulds, it is for this reason that the home-bottling of vegetables is rather risky. Vegetables to be satisfactorily bottled or canned require high temperatures, to get these high temperatures a pressure-cooker is necessary.

Bacteria, yeasts and moulds grow rapidly under certain conditions and cause the decomposition of fruit. They thrive both in warmth and the presence of moisture and food—and the acids present are not strong enough to retard growth In bottling and jam-making, fruits are always brought to a high temperature which sterilizes them Bacteria, yeasts and moulds will not grow in a strong concentration of sugar In jam-making, 60 per cent or more sugar must be added to the fruit This, plus strong heat, evaporates the liquid, and the high temperature kills the enzyme (produced by yeasts) which is responsible for the rotting of fruit.

When bottling fruit, the high temperature and the complete exclusion of air preserve the fruit, for when the conditions required for growth are excluded the spoilage of fruit is prevented. The exclusion of air in bottling prevents further organisms alighting on the sterilized fruit. When bottled fruits ferment, alcohol is produced and carbon dioxide is given off. The presence of this gas means that there is no longer a vacuum in bottled fruit, and consequently jars no longer remain sealed.

When drying fruits, moisture is evaporated and so yeasts and moulds cannot grow.

Bottling Fruit

BOTTLES

Bottling can be done with vacuum bottles, or in ordinary jam jars fitted with special tops, or else sealed with clarified fat, wax, etc. If a vacuum is obtained the contents of the bottle will keep almost indefinitely.

There are different makes of bottles The two main types are those with screw tops and those with clip tops The most important factor is that the bottles should have wide necks so that the fruit can be easily packed in the jars All jars must have a rubber ring It is wise to use a new rubber ring for each new season's bottling, as the rubber is inclined to perish. They should be used wet, because then they have more elasticity.

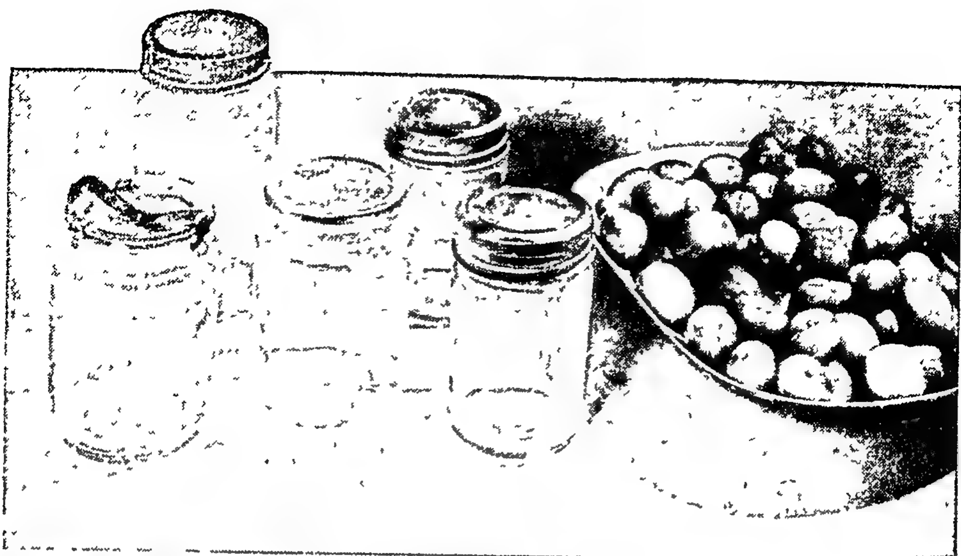
FRUITS

There are two kinds of fruit for bottling, hard and soft.

(*a*) Hard fruit includes pears, apples, stone fruits, etc.

(*b*) Soft fruit includes currants, strawberries, raspberries, etc

All fruits for bottling are better just ripe, preferably a little under-ripe,



Only sound fruit is suitable for bottling

Bottling Fruit and Vegetables

Home bottling can do much to fill the store cupboard for the winter months. Vegetables are more trouble than fruit, but they are well worth while if you have a large pressure-cooker. The two main types of jars for bottling are those with screw tops and those with clips. They are equally good.



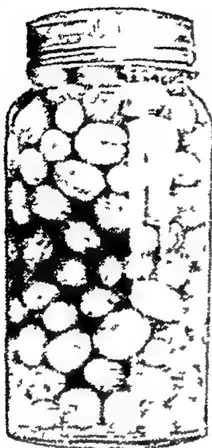
Cover the jars before putting into oven



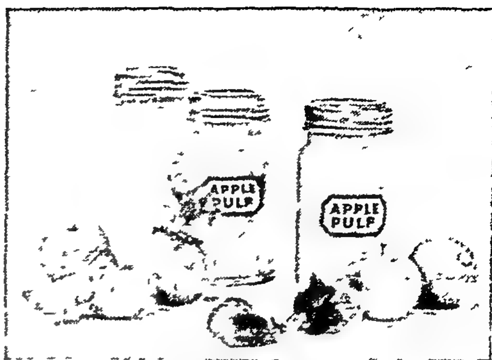
Fill to overflowing with boiling liquid



Test next day for a vacuum



Gooseberries are easy to bottle



Apple pulp makes good pies and tarts

Some of the different kinds of fruit and vegetables which are both easy and economical to bottle for use during the winter months.



Bottled young broad beans are good



because in this state they are more easily packed and do not bruise so easily Large stone fruits are more satisfactory if the stones are removed before bottling There are two reasons for this Firstly, large fruits take up a lot of space and require a number of bottles to preserve quite a small quantity of fruit. Secondly, there is a rather bitter acid in the stones which it is just as well to remove. If a nutty flavour is desired, one or two of the kernels can be added

All fruits should be graded for size and colour. After grading, hard fruits should be washed The bottles should be wet so that the fruit slips into them and does not bruise against a dry jar The fruit should be packed very tightly When packed, hold each bottle in turn under the cold-water tap, let the water overflow the jar, keeping one hand on top of the fruit to keep it down Then, still holding down the fruit, turn the bottle upside down. This washes out any bruised parts from the fruit

THE LIQUID

This can be either water or syrup. A syrup is always used when cold The proportions vary from four ounces sugar to one pint water to twelve ounces sugar to one pint water The stronger the syrup the more the fruit is inclined to rise to the top of the bottle The denser the syrup the more it draws the liquid out of the fruit, lightens it and so it rises.

After having washed out the jar of fruit, fill it up with cold water or syrup Fix in place the wet rubber ring, making certain it is quite flat If a screw-top bottle is being used, put on the glass top and hold it firmly in place with one finger Slip on the screw top and screw quite tight To allow for expansion on heating, a half-turn back must be given to the screw If clip-top bottles are used, after the rubber ring has been fixed, put on the top, which can be glass or metal, and lastly fix the clip The clip has a spring and this allows for expansion:

To sterilize Fruit in an Open Pan

If there are a number of bottles of fruit to be sterilized the wash boiler can be used, or a large pan, a fish kettle, or a large, deep enamel basin Some non-conducting material, newspaper or old cloth must be put at the bottom of the pan so that the direct heat does not touch the bottles The bottles can touch each other, but not the bottom or sides of the pan Completely cover the bottles with cold water and bring slowly to 160–180° F It is most important that the time taken to reach this temperature should be at least one and a half hours If the fruit is hard or under-ripe the bottles should be brought to a higher temperature, so that heat can enter the centre and kill the enzyme When satisfied that the time and temperature are correct, remove the bottles from the pan Screw down tightly the screw-top bottles to obtain a vacuum, clip-top bottles need not be touched Next day remove the clips or screw tops and lift each bottle by its lid If secure, it will be safe to conclude a vacuum has been obtained and that the fruit will keep No further inspection should be necessary.

SOFT FRUITS

If soft fruits are clean it is better not to wash them, because this is apt to remove some of the flavour Wipe the fruit with a piece of muslin. Bottled soft fruits are apt to shrink, so it is wise to shrink them before packing into the bottles. To do this wipe the fruit, place in a colander and pour over the fruit boiling water or, better still, boiling syrup. After two minutes remove the fruit and allow it to get quite cold Pack into bottles as for hard fruits Strain the liquid which was used for shrinking and when quite cold pour over the fruit and proceed as for hard fruits, except that the temperature for soft fruits should never rise beyond 160° F.

To sterilize Fruit by the Oven Method

The preparation and packing of fruit is the same as for the wet method When the fruit has been packed in the jars, cover the jars without the rubber ring which would perish in dry heat, and place in an oven, temperature 100–120° F. Leave in the oven until the fruit looks "tired." This will be anything between thirty minutes and one hour, according to the type of fruit When ready, quickly remove the jars, one at a time, and fill to overflowing with boiling liquid. Quickly fix the wet rubber ring, the bottle top and screw or clip in position Test next day for a vacuum.

Some fruits, such as pears, apples and apricots, discolour after peeling. To prevent this, put them into cold water with two tablespoonfuls salt to a gallon of water. Wash in cold water before packing into bottles If pears are very hard it is wise to cook them in a little sugar and water for a few minutes preliminary to bottling Allow them to cool after cooking before packing into the bottles.

Apple Purée

This is rather a nice way of preserving apples and they take up very little space and can be used in many different ways during the winter The method of procedure for this is quite different Place the preserving jars without the lids into a very cool oven to become quite hot Peel, core and slice the apples finely. Cook them with a very little water until they look like a purée. If desired the apples may be sieved and sweetened, but this is not necessary, especially if the apples pulp easily. Bring the purée to boiling point Quickly remove the hot jars from the oven and fill them to overflowing with the apple purée Quickly put on a wet rubber band and the bottle top and screw down tightly. If a clip top is used, clip down securely. Next day test for a vacuum.

Tomatoes

Tomatoes are treated a little differently from fruits, for they require a higher temperature. Tomatoes after washing, or, if desired, dipped into boiling water and the skins removed, can be treated like fruits, except that (after skinning) they can be sliced or kept whole before they are packed into



Clip- and screw-top bottles are equally good, but the rim of the jar should be smooth, or air may enter and spoil the contents

bottles and sprinkled with little salt and sugar. No liquid is necessary, as a lot of liquid comes from them Fill the bottles quite full and seal down as for fruits. Bring very slowly to 190° F and keep at that temperature for twenty minutes Remove from the sterilizer or pan. If the bottles have screw tops, screw down tightly and next day test for a vacuum Tomatoes can also be sterilized in the oven as for fruits. Time, about one hour.

Dried Fruits

Chief varieties of dried fruits are apples, apricots, currants, dates, figs, pears, prunes, raisins and sultanas

How to Use

1. Dried apples, apricots, figs, pears and prunes are prepared by washing well and then soaking for several hours, preferably overnight, in enough water to cover them After soaking, stew the fruit in the water in which they were soaked Add only a little sugar, as dried fruit needs less than fresh Time, approximately one hour.

2. Dried currants, sultanas and raisins should be well washed in hot water and picked over. They must be drained and dried before use.

3. Dates are usually preferred uncooked, but they may be chopped and used in cakes and other dishes if desired. They should not be soaked.



The above utensils are necessary for jam-making. Have them all ready before you start your jam-making Jars should be quite clean

fruit which is rich in pectin) to every pound of fruit. Simmer until well broken down, then add one pound of sugar to every pound of fruit Boil rapidly for ten to twenty minutes; test for set Pour into hot jars and, when cold, cover, label and store in a cool, dry cupboard

Jelly-making

Again the hard and soft fruits are treated differently

Hard Fruits. These are prepared and washed Place the fruit in a preserving pan and cover with water Bring slowly to the boil and simmer until the fruit is quite tender Take two or three layers of butter muslin (washed to remove the dressing) and tie on to the legs of an upturned chair or stool Place a basin under the muslin and strain the fruit To every pint of juice add one pound of sugar Bring to boil and boil rapidly for five to fifteen minutes Test for a set Pour into hot jars When cold, cover and label.

Soft Fruits. Prepare the fruit, place in a preserving pan and add sufficient water to seep through the fruit when the pan is shaken. Simmer until the fruit is tender Strain and proceed as for hard fruits

The Scum. If it is desired to remove the scum, this is best done just before pouring the jelly It is more solid at this stage and, therefore, not so wasteful

The Jars. Glass jars are best for jam, because with them it is possible to see at a glance what kind of jam it is and how well it is keeping. If stone jars are used, be certain that there are no cracks in the inside glaze Jars should always be warm when jam is poured into them Cold jars would probably be cracked by very hot jam, also, if jam is poured into cold jars, condensation takes place and this moisture encourages the growth of yeasts and moulds

WHY THINGS GO WRONG

Jam may become mouldy if

1. The boiling process was insufficient
2. The jam is poured into a cold jar and covered before it has cooled
3. The storage place is too warm

Crystallization may occur if

1. Too much sugar is added
2. Jam is boiled for too long

Jelly may not set if.

1. Too much water is added
2. Over-ripe fruit is used

Crystallized Fruit

Crystallized fruit is fruit preserved in sugar by means of a syrup The whole process takes about eight days, but the time required each day will be about fifteen minutes To obtain a good result, a Beaume hydrometer and a glass or testing tube are necessary. An hydrometer is an instrument which floats in liquid There is a scale on it which indicates the density of the syrup if the number on the hydrometer is read at the surface of the liquid

There are a few points to be borne in mind when selecting the fruit Choice, sound fruit is essential If canned fruits are used, buy only the best brands If poor-quality canned fruits are used the fruit will be too soft The stones should be removed from stone fruit so that the syrup can penetrate easily Prepare the fruit according to its kind.

If, for instance, you are using a tin of pears or peaches, drain off the syrup and place fruit in a basin. Weigh three-quarters of a pound of sugar and place it in a measure, then fill up to one pint with water or syrup from the tin Dissolve the sugar and bring to the boil. Take the density with the Beaume hydrometer Start with twenty-five density. Allow the syrup to get cold, then pour it over the fruit Cover with a plate. Proceed as follows.

1st day Make syrup as above until it reaches 25 Beaume, cool, cover, and stand twenty-four hours

2nd day	Drain, add 2 oz sugar, boil to	26 Beaume	Cool, cover, and stand for twenty-four hours.
3rd day		27 "	
4th day		29 "	
5th day		31 "	
6th day		33 "	
7th day		35 "	

It will be noticed that the density of the syrup is increased each day This dense syrup draws out the liquid from the fruit.

Each day the syrup is drained from the fruit, then the necessary sugar is added to the syrup, it is brought to the boil and the density taken If it is not dense enough, boil until the correct density is obtained. If it is too dense, add a little water to obtain the correct density. Each day cool the syrup before pouring it back over the fruit Keep the fruit submerged in the syrup by placing a saucer or plate on top. If this is not done the fruit will discolour

On the eighth day, drain off the syrup Put the fruit on a cake rack and place in a very cool oven to dry, at a temperature not higher than 110° F. This should take about ten hours or until the fruit does not feel sticky to the touch The syrup cannot be used again for crystallizing other fruits, but it will be useful, of course, for other sweetening purposes

Next day prepare fresh syrup with one pound of sugar and quarter-pint of water Boil, and when 40 Beaume, cool slightly, dip each piece of fruit into the syrup and drain on a waxed paper or greaseproof paper In the dipping process disturb the syrup as little as possible, otherwise it will go cloudy and crystallize Pack the fruit into boxes

Candied Peel

Candied orange or lemon peel can be delicious, and it is quite simple to do For the peel of four oranges or lemons a syrup is needed with the proportions of one pound of granulated sugar to half-pint of water.

Wash and scrub the peel, then cut the fruit crosswise. Remove the pulp. Soak the peel for three days in salt and water, using one tablespoonful salt to one pint of water. Remove the peel from the brine and wash it thoroughly. Put the peel in a pan and cover with cold water; bring to the boil and cook until tender Remove peel from the water and leave on one side to drain, then measure out one pint of the liquid and add the sugar to it, then bring it to the boil Put the peel in a dish and completely cover with the boiling syrup. Put a cover on the dish and leave for one week. Lift out the peel, and place on a rack in a cool oven until quite dry. Pack into a jar.

The choice and storage of Apples

The choice of apples for storing naturally depends upon the source of supply. The success of apple-growing to a large extent depends primarily on the soil and this varies with each district. This means that different types of apples are grown in different districts. If one lives in the country the local people can usually advise which apples are best for storing, both for cooking and dessert purposes.

Local-grown fruits are usually less expensive because of the time and labour saved in the preparation for transport Three apples which are grown commercially for marketing and which can be stored are: King Edwards, Bramleys, Newtown Pippins The first two are very good cookers, and the Pippins are either for cooking or dessert.

The dessert apples, Cox's Orange Pippins and Granny Smith, are both excellent It must be remembered that tastes vary Some people like a soft apple, while others like a hard one Some like them sweet, others rather tart If one finds an apple to one's liking, ask the greengrocer or supplier the name and make a note of it for the next season

How to store Apples

Apples should, if possible, be stored in a good outhouse, because to some people their smell is very distasteful. Failing this, a loft or a dry, airy cupboard can be used The apples should be sound with no blemishes, no matter how small. Blemished apples may in time contaminate other apples If there are a number of doubtful ones, lay them near the front of the cupboard for easy inspection. There are two methods of storing:

1. Wrap the apples in tissue paper and store them in drawers.
2. Set out the apples, unwrapped, on slatted shelves if possible, or with small holes in the shelves to allow air spaces. Periodically inspect the fruit to make sure it is sound.

It is also a good plan if one has different varieties being stored to mark the shelves or drawers, showing which they are. Some apples change colour during storing.

Stored apples should not touch each other, and should be kept above freezing point.



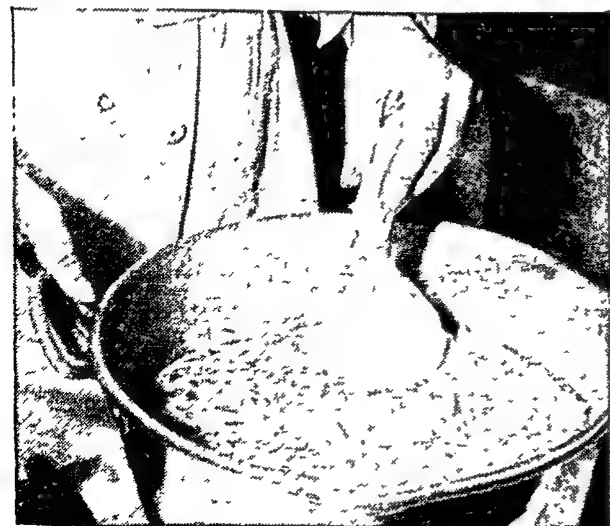
Squeeze juice from the fruit



Cut the peel to desired thinness

How to make Marmalade

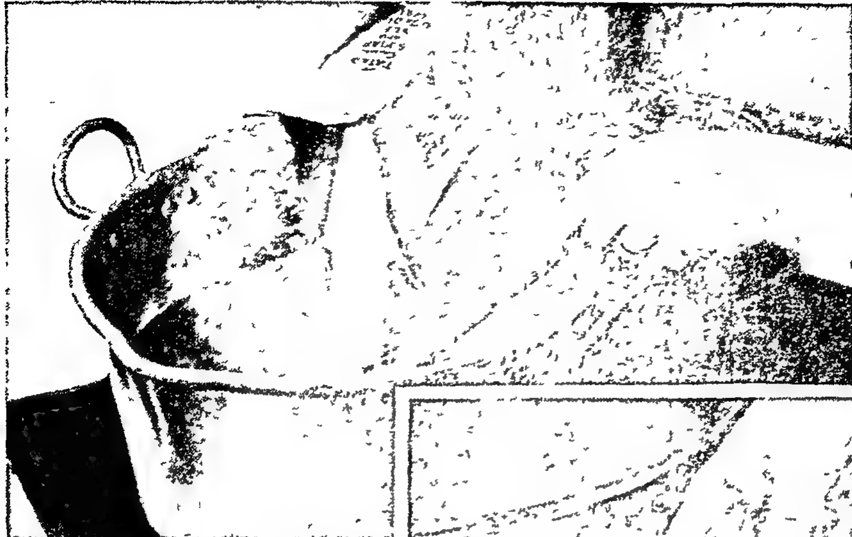
Wash and wipe the fruit and then cut in halves. Extract juice and save the pips. Shred peel with a stainless steel knife to requisite thinness. Tie the pips in a muslin bag. Put the peel and the necessary quantity of water together with the bag of pips into a preserving pan and leave to soak overnight. Next day bring the contents of the pan to the boil. Remove the bag of pips. Continue to cook the peel over moderate heat until quite tender. To test, remove a piece of peel and press between thumb and finger—it should pulp. Draw pan from the flame and add the specified quantity of sugar. Stir contents of pan until



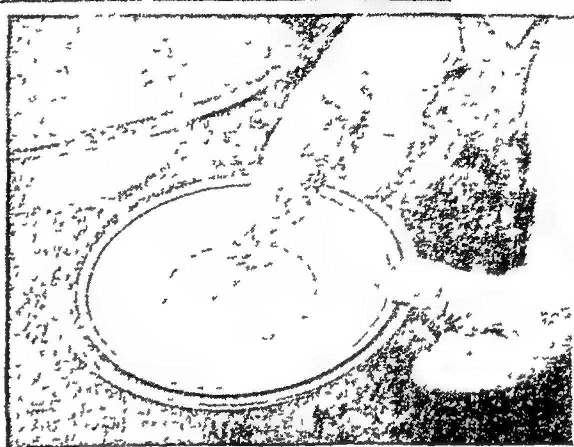
Drop bag of pips into pan



Take pips out of pan



Pour in the sugar



Test a little for set

the sugar is quite dissolved Move pan back to flame again and bring to boiling point Boil rapidly until a little will set on a cold plate. It should wrinkle when pushed with the forefinger Have ready a number of heated jars—cleaned, and then dried in the oven during the final stage of cooking When the preserve "jells," draw from the heat and pour into the jars, filling them just past the "shoulders." Place a wax circle over the surface of each filled jar and seal, either when hot or when cold Store in a cool, dry place Use a long-handled wooden spoon for stirring preserves because a splash from the contents of the pan can be very painful Do not stand hot jars on a cold surface or they may crack.



Fill the warmed jars carefully



Label and store in a cool place



Stocks and Soups

and the best ways to make them

WELL-FLAVOURED STOCK is the best possible foundation for soups, gravies and stews, and with care and forethought there should always be a supply of stock ready to hand. This does not mean that a stock pot should be regarded as a receptacle for every scrap of unwanted food in the kitchen. The contents of such a pot would be all too often a greasy conglomeration, unpalatable and quickly souring.

Good stock can be made from the bones of meat and poultry, and from vegetables as well as from meat. Gristle and trimmings, but not fat, may also be added with the bones. Fish bones and trimmings make good fish stock used for sauces and fish soup.

The water in which meat, poultry, fish or vegetables have been boiled makes excellent stock when any surplus fat in it has been removed. Use should also be made of the water in which rice, macaroni, etc., have been boiled, but this should be used at once and not added to the stock pot. Bread and other flour products should not be put in the pot, nor should potatoes, as all these starchy foods cause the stock to sour quickly.

The Stock Pot

Useful as a stock pot is, it must be treated with intelligence and care. Our grandmothers' pots were fitted with strainers and taps, but few of this type are available today. A heavy saucepan with a well-fitting lid for use on the top of the stove, or a lidded stew-jar for the oven, can be used.

During cooking, the stock pot should be kept at simmering point (185° F.), below that temperature its contents will sour quickly When cooking is done, it must not be allowed to stand about in a warm place, but should be removed at once to a cool larder Unless the pot is of earthenware, the stock should never be kept in it overnight Even with an earthenware pot it is wisest to empty it each night into a clean bowl or jug, unless the weather is really cold

The pot should be well washed out after each using, and on returning the stock to it it should be brought to the boil and boiled for several minutes before reducing the heat to simmering point. Even so, stock will only last a day or two, and if it contains any starchy food such as potato or flour it will sour even more quickly.

Stocks

The chief kinds of stock are first stock, white stock, brown stock, bone stock, fish stock and vegetable stock

First Stock

First stock is made from raw bones or meat and is flavoured with vegetables It is the foundation for all the clear soups The best first stock is made from veal, calf's head, oxtail, ox-cheek or stewing beef, but beef or veal bones and vegetables are usually used, and provided the stock is well strained, and clarified if necessary (see below), they make a perfectly adequate stock Mutton and pork are too fatty for first stock.

Allow a quart of water to each pound of bones or meat Chop up the bones (or cut up the meat) and put in the pot with the cold water to which a little salt has been added. The salt helps the scum to rise, and as soon as the stock has reached simmering point it should be skimmed thoroughly When no more scum rises, the vegetables, cut into large portions, should be added. Do not put in too many or their flavour will overpower the flavour of the bones One carrot and one onion (medium sized) are enough for each pint of water. A bouquet garni should also be added and a few peppercorns, not pepper, as this would cloud the stock.

Simmer the stock very slowly for two to three hours, longer if possible; six hours is considered necessary by some experts Allow to get quite cold.

To clarify Stock

If the stock is liquid when cold, strain it through a hair sieve or a piece of muslin to remove the fat Do not strain while it is warm, or the melted fat will pass through the sieve. If the stock is jellied when cold, take off the cake of fat and wash away any remaining particles of fat with warm water.

If a particularly transparent stock is desired, the white and the clean shell of an egg should be simmered in the stock. The bones may be used again for second and even third stocks.

White Stock

This is made from the remains and the bones of chicken, or the meat or bones of veal. It is the basis of all white soups and sauces. The method of making this is the same as for first stock, but only white vegetables such as celery and onion are usually used.

Brown Stock

For this stock, an ounce or two of dripping is made very hot in the stock pot and the broken bones and the prepared vegetables are fried in it until quite brown Water, salt, peppercorns and a bouquet garni are then added and the stock is brought to the boil, skimmed and simmered as for first stock. Any of the frying fat that comes to the surface during cooking should be skimmed off with a spoon. When ready, strain as for first stock.

Bone Stock

Any bones cooked or uncooked may be used Proceed as for first stock.



Salt added to bone stock helps the scum to rise

Fish Stock

Fish bones and trimmings may be used. To each ½ lb. of fish add one small onion, a bouquet garni and a clove. Cover the fish with cold water, bring to the boil, then skim and simmer for thirty minutes.

Vegetable Stock

Any vegetables, either green or root, may be used for this stock. The outside leaves of cabbage, etc., if fresh and undamaged, the coarse green of leeks, cauliflower stalks, outside celery stalks and leaves may all be used Slice the vegetables and plunge into a pan of boiling water There should be enough water to cover them. Replace the lid at once on the saucepan Boil steadily for twenty to thirty minutes. Strain and use the stock the same day.

Emergency hint. When no stock is available, a little vegetable or meat extract should be dissolved in hot water and used in its place.

Soups

The main types of soup are clear soup, thick soup, purée, broth, vegetable soup and cream of vegetable soup.

Clear Soups

All clear soups are made with a foundation of clear stock (see first stock, page 163) The soups are then named according to the garnishes added

Thick Soups

White stock, brown stock, bone stock or fish stock may all be used as the basis for thick soup. They are thickened by means of a roux of flour and fat or by the addition of cornflour, arrowroot or flour in the same way as a sauce is thickened (see Sauces, page 168) If a very rich soup is desired, cream blended with egg yolks may be added A thick soup should be the same consistency as thin cream

Purées

For a purée, the meat, fish or vegetables when cooked are rubbed through a sieve and usually mixed with a very little flour or cornflour, and then returned to the soup. Vegetables commonly used for a purée include peas, beans and lentils, as well as potatoes, artichokes, cauliflower, tomatoes, carrots and turnips, onions, and celery. The sieved vegetable provides all the necessary thickening for the soup.

Broth

A broth is made from the liquid in which meat, poultry, fish or rabbit, etc, has been boiled for the table Vegetables cut in dice, plus a cereal such as barley or rice, are usually cooked in this liquid

Vegetable Soup

Vegetable soup may be made from one or two vegetables or a judicious selection of many. If onions or leeks are liked, they should be included to give character to the soup.

Allow ½ lb of prepared sliced vegetables to each pint of stock Make a little fat very hot in the pan, put in the vegetables, put on the lid and cook gently for fifteen to twenty minutes, shaking the pan occasionally. Add enough hot stock to cover, and for each pint of stock allow a bare ounce

of barley, [illegible] both vegetables and cereals are tender.

Taste and add [illegible] grated cheese. If [illegible] before being returned to the soup.

Cream of Vegetable Soup

This is made from a vegetable purée [illegible] Add the purée to the [illegible] immediately.



[illegible]

WHY THINGS GO WRONG

Stock may have a weak flavour if:

1. Inferior ingredients are used.

2. The raw ingredients added to the stock have not had all the flavour extracted from them.

3. The ingredients are not fried beforehand as directed. This will cause a brown stock to lose "body."

Stock may turn sour if:

1. Too many starchy things are added to it.

2. The stock is not boiled up once a day.

3. The stock is not strained regularly.

Soup may be unsatisfactory if:

1. Either the soup itself or the stock it was made with has not been properly skimmed. This leaves a greasy, unpalatable soup.

2. Water was used instead of stock.

3. It was boiled too quickly.

4. The necessary vegetables, condiments and herbs were left out. This will result in a flavourless soup.

Fats and Oils

THE FATS used in cooking are butter, margarine, suet, lard, cooking fats, dripping, olive oil and some nut oils

For the choice of fats for pastry, cakes, etc , see "How to Make Pastry," page 182

For the choice of fats for frying, see "Cookery Methods," page 35.

For how to render down fat, see "Cookery Methods," page 35.

For how to clarify fat, see "Cookery Methods," page 35.

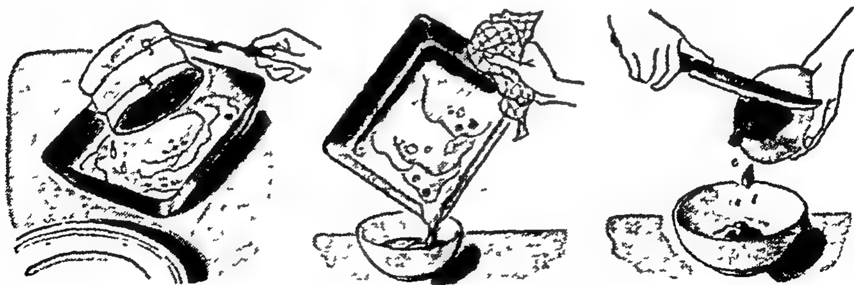
Butter is made from cream only, but it contains a good deal of moisture. It should have a sweet, fresh taste. If kept too long or in an unsuitable storage place it will turn rancid. It is a matter of taste whether salt or unsalted (fresh) butter is preferred The food value of butter is highest when the cows can be fed on fresh grass, that is, in the summertime.

Margarine is a mixture of vegetable and fish oils It now has vitamins A and D added to it to bring it up to the food value of butter. It keeps for several weeks in a cool larder.

Suet is the solid fat from beef, mutton and veal Beef suet is considered richer than mutton Veal suet is particularly delicate in flavour The suet round the kidney is considered the best Beef suet should be cream coloured or pale yellow, mutton suet should be waxy white Veal suet is cream coloured. All suet should be very firm and dry. If it has to be kept for several days and you have no refrigerator, bury it in the flour in the flour bin For how to prepare suet for pastry, see page 187.

Lard is pure pig fat, containing no moisture. It will keep indefinitely in a cool larder.

Cooking fats are mixtures of lard and other fats and oils Vegetarian cooking fats are made from nuts.



The fat from the cooked joint makes good dripping

Dripping is the fat that melts out of meat during roasting.

Olive and other nut oils are pure fats and contain no moisture They are excellent for salad dressings. They can be used for pastry and cakes in moderation, usually mixed with solid fats, but tend to make the products heavy.

Sauces, Savoury Butters and Gravies

SAUCE-MAKING is the test of a good cook. A good sauce needs great care and discretion, but its reward in improving the appearance, flavour and food value of a dish more than repays the time spent on it

The two important rules for sauce-making are:

1 The ingredients must be carefully blended

2 The sauce must be thoroughly cooked Nothing is worse than a sauce which tastes of raw flour or starch.

Thickenings for Sauces

The chief thickenings for sauces are (*a*) a roux of flour and fat (see below), and (*b*) eggs Additional thickenings for sweet sauces are cornflour, arrowroot or custard powder.

Consistencies of Sauces

There are three classic consistencies of sauces which every cook should know by heart These are

1 **Pouring Sauce.** This is made with 1–1½ oz flour or ¾ oz cornflour, arrowroot or custard powder to 1 pint of liquid. Pouring sauce is used for all general purposes

2 **Coating Sauce.** This is made with 2 oz flour or 1 oz. of cornflour, arrowroot or custard powder to 1 pint of liquid. This sauce is used for coating food as a decoration

3. **Panada Sauce.** This sauce is made with 4 oz flour to 1 pint of liquid A panada sauce is used to bind together the ingredients for fish cakes, croquettes, etc , which would otherwise fall apart by themselves

Sauces

Sauces made with a Roux of Flour and Fat

A roux should be made, if possible, with equal weights of flour and fat

1. Melt the fat and, as it melts, stir in the flour.

2 Mix the flour and the fat thoroughly together, then, stirring all the time, cook gently for two minutes for a white sauce, or until brown for a brown sauce The object of this cooking is to burst the flour grains in the fat, so that they become a homogeneous mixture before the liquid is added. This mixture is called a roux.

3 Remove the pan from the heat and add the liquid If the liquid is hot, add it gradually, stirring all the time If cold, cool the pan a little, then add

all the liquid at once, and then stir well until it comes to the boil

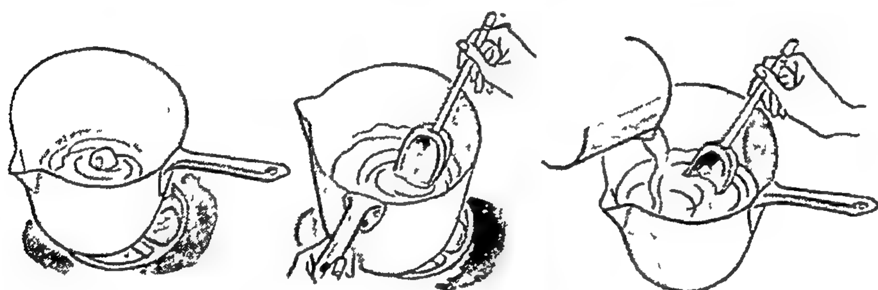
4 Boil for five minutes, stirring well This boiling is most important if the sauce is to have a velvety texture

5 Add seasonings and flavourings as desired.

Sauces made with Eggs

If the sauce is to be cooked, as with Hollandaise or custard sauce, the chief point to remember is that the albumen in the eggs will set in hard curds if boiling point (212° F) is reached The lamentable result is a curdled sauce. A double pan, or a basin standing in boiling water in a saucepan, will ensure that the sauce will not reach boiling point. Sauces of this type owe their thickness to the power of the egg, on being heated, to coagulate with the fat

If the sauce is not to be cooked, as with mayonnaise sauce, the oil must be added very slowly in order to produce an emulsion If added too quickly, a curdled appearance may result (For recipe, see page 350)



A quickly-made sauce with a roux of flour and fat.

Sauces made with Cornflour, Arrowroot or Custard Powder

1 Mix the dry ingredients to a smooth paste with a little of the liquid

2. Boil the rest of the liquid, then pour on to the paste and mix well

3. Rinse out the saucepan with cold water in order to prevent the sauce sticking, then return the mixture to the pan.

4 Stir until the mixture boils Cook for the required time (see time-table below) Add seasoning

5 Lastly, if fat is included in the recipe, remove the sauce from the heat and stir in the fat until it melts.

BOILING TIME-TABLE FOR SAUCES

Flour sauce	..	5 minutes.
Cornflour	..	10 minutes
Arrowroot	..	1 minute
Custard powder	..	According to the makers' directions.

HOW TO FLAVOUR A SAUCE

It is in the flavouring of a sauce that the cook's discretion will count As a general rule, it is well to remember that the more tasty the food, the plainer should be the sauce.

BUTTERS AND OTHER SAUCES

Maître d'hôtel butter, hard sauce and melted butter are all classed as sauces although not cooked (see recipes, pages 383–385).

There are also piquant sauces or appetizing relishes such as mint sauce and remoulade sauce, which are not cooked (For recipes for all savoury sauces, see pages 357–373.)

Gravies

Clear Gravy

Many connoisseurs prefer clear gravy with all simple roasts and grills, and also with poultry and game It can be made in the following way.

1. Lift the meat from the roasting tin and keep it hot

2. Pour off the fat carefully, keeping back the gravy with a spoon Save the fat for future use Add a cupful of stock to the tin Vegetable water should be used if stock is not available A stock made from the giblets of the birds should be used for poultry and game.

3. Stir well, rubbing down any brown gravy sticking to the sides and bottom of the tin A little browning may be added if desired Season to taste and strain if necessary Serve very hot in a gravy boat.

Thick Gravy

1. Lift the meat from the roasting tin and keep it hot

2. Pour off the fat as for thin gravy, but keep back 1 tablespoonful of fat for every ½ pint of gravy you require.

3. Mix in very smoothly 1–2 level tablespoonfuls of flour (according to whether a thick or medium-thick gravy is required) for each ½ pint of gravy.

4 Heat, stirring all the time, and cook for two to three minutes

5. Add the required amount of hot stock or vegetable water. Stir until it boils Boil two to three minutes Season well Add a little gravy browning if desired.

WHY THINGS GO WRONG

A white sauce may turn out to be lumpy if:

1. The milk is added too quickly to the flour and fat mixture.

2. The sauce is not stirred well as it comes to boiling point.

How to Cook Cereals

and Cereal Products

Note · For "How to cook cereals for puddings," see page 173

When boiling cereals (and cereal products) such as rice, barley, macaroni, spaghetti, etc., for savouries, it is best to have the water boiling fast before adding the cereal If put into cold water, a cereal is much more likely to stick to the pan.

How to boil Rice

For savoury dishes, unpolished rice or Patna rice is best

Allow not less than 1½ pints of water for each 2 oz of rice. Salt the water to taste and, when it is boiling rapidly, stir in the rice. Do not cover the pan Boil as fast as possible until the rice is just tender, but not at all mushy The time taken will vary from eight to twelve minutes, according to the kind of rice. If boiled for too long, the grains coalesce into a sticky, unpalatable mass. Strain through a colander, saving the water for soup, and return the rice to the pan. Toss over the heat or stand in a warm place to dry, shaking the pan now and again.



Boil rice quickly in a pan without a lid

How to boil Barley

If barley is to be used instead of rice for a savoury, it should be boiled rapidly in salted water as for rice (see above), but it needs at least one hour's steady boiling One and a half to two hours' boiling are preferred by some people. It saves time if barley can be soaked overnight.

Strain and dry as for rice.

How to boil the Pastas, i.e. Macaroni, Spaghetti, Vermicelli, etc.

Allow at least 1 qt of water to ¼ lb macaroni, etc. Salt the water to your taste and bring to the boil When it is boiling rapidly, add the macaroni, broken into short lengths if desired. Partly cover the pan with the lid, it will boil over if you put the lid on completely. Boil steadily until the macaroni is tender The time will vary according to the thickness of the produce, but with the usual type of macaroni fifteen to twenty minutes is usually enough. Less time is required for the finer pastas such as spaghetti, noodles and so on Be careful not to overcook these pastas, too long boiling results in a very sticky dish Strain, saving the liquid for soup or sauce.



When boiling macaroni, partly cover pan with lid

How to cook Oatmeal Porridge

Opinions about the best way to cook porridge are many and varied Here are three of the most popular methods:

Ingredients For 1 pint of water allow 2 oz medium oatmeal

Method 1. (*Quick Method*) Bring the water to the boil, add salt to your taste, then sprinkle in the oatmeal, stirring all the time Cook for ten minutes, stirring frequently.

Method 2. (*Quick Method*) Soak the oatmeal in the water overnight. In the morning, bring to the boil, add salt to taste and cook for five minutes, stirring all the time.

Method 3. (*Slow Method, using a double saucepan*) Cook the oatmeal and water in a double saucepan until creamy The time will vary according to personal taste from forty-five minutes to one and a half hours.

Puddings and Jellies

Hot Puddings

PUDDINGS BAKED in the oven can be classed in five main groups baked milk puddings; baked custards, baked batters, baked soufflés, baked puddings made with rubbed-in materials.

Baked Puddings

HOW TO BAKE MILK PUDDINGS

The most common cereals used for baked milk puddings are rice, tapioca and sago Allow 1½ oz of cereal to 1 pint of milk Place the cereal in a pie-dish with 1 oz. of sugar and a little grated lemon rind if available Pour on the milk

Bake in a slow oven, temperature 250° F–300° F. During the first thirty minutes, stir every ten minutes to prevent the cream rising to the surface and forming a hard skin before the grains can absorb any of it The slower the baking, the creamier the pudding. After the third stirring, sprinkle the top with a grating of nutmeg, if liked

Bake two hours for a rice pudding, and one and a half hours for tapioca and sago puddings

Note Should the oven temperature have to be raised for other food, stand the pudding in a baking tin with a little water in it

HOW TO BAKE CUSTARDS

(see page 78)

HOW TO BAKE BATTERS

Batters are pouring mixtures of flour, eggs and milk, with seasoning and sometimes sugar and fruit added.

A thick batter. This is a mixture which has the consistency of thick cream, that is, one which spreads slowly when dropped from a spoon It is used for such dishes as dropped scones The usual proportions are ¼ lb. flour to ¼ pint milk plus 1 egg

A thin batter. This is a mixture which has the consistency of thin cream, that is, it spreads quickly when poured from a jug. It is used for pancakes, Yorkshire puddings, etc The usual proportions are ¼ lb flour to ½ pint milk plus 1 egg (For "How to Fry Pancakes," see page 180)

To make a batter light, thorough beating is required. This beating introduces cold air into the mixture, on heating in the oven, the air expands and lifts or lightens the batter It is not necessary to add any other raising agent if the beating is done thoroughly

To mix a batter. Sieve the flour, salt and baking powder if used, into a mixing bowl and make a well in the centre Drop in the egg or eggs. At first add only enough milk to make a thick, smooth batter. Beat thoroughly. Finally add the rest of the milk and beat again.

For a thin batter, a wheel-whisk may be used for the final beating and this saves time and energy.

TO BAKE A THIN BATTER SUCH AS YORKSHIRE PUDDING

It is not necessary to let the batter stand before baking, as the rule used to be in bygone days.

Make 1 or 2 oz of fat very hot in a baking tin in the oven. Pour in the batter and bake about thirty-five minutes. Temperature, 475° F.

Note In many old recipes the Yorkshire pudding was baked in a tin under the joint, which was roasting on a grid. The fat from the joint fell on to the pudding The result of this way of cooking was a delicious Yorkshire pudding but a great loss in dripping.

HOW TO BAKE SOUFFLÉS

The usual proportions for a soufflé are 1 oz. flour, 1 oz. butter, ¼ pint milk, 4 eggs, 1 oz sugar.

The first stage in making a soufflé is to prepare a panada as described in "How to Make Choux Pastry," page 188. The egg yolks are then added one by one, and the mixture beaten well after each egg is added. The next stage is the addition of stiffly-beaten egg whites.

A baked soufflé is usually made with rather less flour than a steamed soufflé, as it cooks at a much higher temperature than that of steam. It should be cooked in a dish that can be sent to table. Small soufflés are baked in little china or paper soufflé cases.

If a soufflé dish is used, it should be greased and have two thicknesses of greased paper tied round it like a collar. This paper is removed before the soufflé is sent to the table and the soufflé should then be seen standing up above the rim of the dish.

If small cases are used, do not fill them with the mixture but allow plenty of room for rising

It is best to make two or three scores across the top of the soufflé before putting it in the oven; otherwise the top cooks more rapidly than the rest and pulls away at the first serving Bake in a moderate oven, 425° F.–450° F., for about thirty minutes for a large soufflé, and about fifteen minutes for the smaller ones. See illustration, page 181.

BAKED PUDDINGS

(made with Rubbed-in Mixtures)

In all pudding and cake mixtures where the weight of the fat does not exceed half that of the flour, the fat is rubbed into the flour in the same way as for pastry (see page 182). In richer mixtures the fat and sugar are creamed together (see page 176).

After the fat has been well rubbed into the flour, the other dry ingredients are added and, lastly, the beaten eggs if used, and the milk or other liquid For a pudding baked in the oven, more liquid is needed than if it is to be steamed. In an oven filled with hot, dry air a certain amount of evaporation is bound to occur. As steaming is a moist method of cooking, no evaporation can take place during the cooking of a steamed pudding. The method of cooking must therefore be taken into account when mixing a pudding.

For a baked pudding the mixture is placed in a greased pie-dish or baking tin and baked at a temperature of from 350° F.–400° F. The time taken will depend largely on the thickness of the pudding.

MILK PUDDINGS WHICH MUST BE BOILED BEFORE BAKING

MACARONI PUDDING, see recipe, page 398.

SEMOLINA PUDDING, see recipe, page 400.

Boiled Puddings

The only puddings which are usually boiled are the suet roly-poly, dumplings, and sometimes Christmas puddings. For steaming puddings, see page 177.

HOW TO MAKE A BOILED PUDDING

For a boiled pudding, make a suet mixture as described on page 187 for suet pastry, adding sugar if a sweet pudding is desired and whatever seasoning that is liked for a savoury one For a roly-poly, flour a firm, dry cloth Form the mixture into the shape of a large sausage and roll up in the cloth. Tie loosely at each end, leaving room for the pudding to swell

Put the pudding in a saucepan with enough boiling water to cover it. Put on the lid Boil steadily for two to two and a half hours, keeping the water boiling all the time and adding more boiling water from time to time to keep the pudding covered with water

Dumplings are dropped straight into a stew and boiled.



Suet roly-poly pudding is usually boiled

Steamed Puddings

The main types of steamed puddings are: steamed custards, steamed batters, steamed soufflés, steamed suet puddings, steamed puddings made with rubbed-in mixtures, steamed puddings made with creamed mixtures.

STEAMED CUSTARDS

See page 78. Also "How to Steam a Pudding," page 177.

STEAMED BATTERS

A thin batter is used for a steamed batter.

For mixing a batter, see page 173.
For "How to Steam a Pudding," see page 177.

STEAMED SOUFFLÉS

See "How to make Baked Soufflés," page 174.
See "How to Steam a Pudding," page 177.

STEAMED SUET PUDDING

Use the same method as for suet pastry (see page 187), but enrich the mixture if possible by using milk instead of water and by adding an egg Also add sugar, or chopped fruit, or any other addition given in the recipe Steam in a basin as for "How to Steam a Pudding," page 177.

STEAMED PUDDING WITH A RUBBED-IN MIXTURE

For how to make a Rubbed-in Mixture,
see "How to make Short Pastry," page 182.
For "How to Steam a Pudding," see page 177.

STEAMED PUDDING WITH A CREAMED MIXTURE

This method is used for the richer mixtures, i e. where the weight of fat exceeds half that of flour For example, a pudding mixture where 4 oz. fat and 8 oz flour are used would be a rubbed-in mixture. A mixture where 6 oz fat and 8 oz flour are used would be better as a creamed mixture.

First beat the fat and sugar together until they look like whipped cream They must be quite smooth and fluffy. If only one or two eggs are being used they can be added one at a time and beaten in well. If more eggs are used they should be well-beaten and then added to the mixture a little at a time

Make sure that all the egg is incorporated in the fat mixture before adding more.

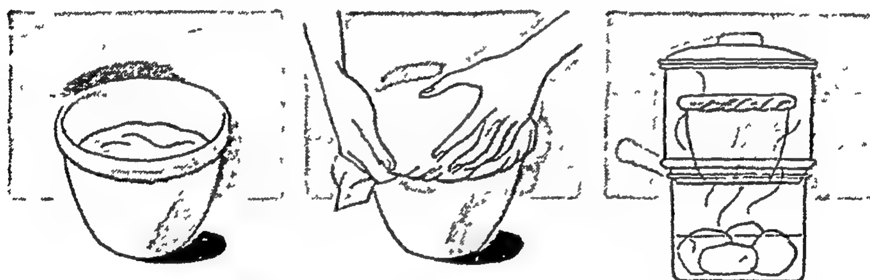
Sift together the flour, salt, baking powder and spices, if used, and fold into the creamed mixture; do not beat again or the heavy flour will press out the air you have just beaten in. Next add the liquid, if any, and last of all stir in gently the dried fruit, if used.

HOW TO STEAM A PUDDING

Method 1. In a Steamer. Put the pudding mixture in a greased basin. The mixture for a steamed pudding need not be so moist as for a baked pudding (see page 174) The basin should not be more than about two-thirds full, because room must be left for the pudding to rise. Cover the top with greased paper (greased side to the mixture), twisting the paper round and under the rim of the basin to form a firm lid, or with cooking foil

Have enough boiling water in the lower half of the steamer to provide plenty of steam Place the basin in the upper half of the steamer, put on the lid and steam for the required time (usually not less than one and a half hours, or three-quarters of an hour if small individual basins are used) Keep the water boiling steadily Look at the water level at frequent intervals and, if too low, add boiling water A burnt pan means a ruined pudding

Method 2. Without a Steamer. Fill and cover the basin as above. Place it in a saucepan with enough boiling water in the pan to come halfway up the sides of the basin Put the lid on the pan Proceed as above



To steam a pudding, only fill the basin two-thirds full, cover and put in a steamer or over a saucepan Pudding can be steamed over boiling potatoes

Cold Puddings

How to make a Mould

Rice, oatmeal, semolina or sago can be made into moulds in the following way:

1. For 1 pint of milk or other liquid allow the weights of the cereals and boiling times given in the table on page 178

2 Heat the milk or other liquid and, as soon as it boils, sprinkle in the cereal Stir well and pour into a double saucepan, or into a basin standing in boiling water in a large saucepan.

3. Boil for the required time (see table below), then add the sweetening and any other flavouring to be used and stir well.

4. Rinse out a mould with cold water, and do not wipe it dry.

5. Pour the mixture into the mould and leave until quite cold, then turn out. If it is inclined to stick to the mould, ease it away from the sides with the fingers before turning it out.

	Amount per 1 pint liquid	*Cooking time in double saucepan*
Semolina	3 oz.	7–8 minutes
Sago	2 oz.	20–30 ,,
Oatmeal	3 oz.	20–30 ,,
Rice	2 oz.	20–30 ,,

Cornflour and arrowroot can be used for moulds made in the following way.

1. For each pint of milk or other liquid allow 1¼ to 1½ oz. of cornflour or arrowroot

2 Blend the cornflour or arrowroot to a smooth paste with a little of the cold liquid Be especially careful with the arrowroot, which is inclined to be lumpy.

3. Heat the rest of the liquid and, as soon as it boils, pour it on to the blended mixture and stir well.

4 Heat the mixture in a double saucepan, or in a basin standing in boiling water in a large saucepan, for about fifteen minutes To test when ready, draw the spoon across the surface. If the mark remains for a few moments, the mixture is ready.

5 Add sweetening and flavouring and pour into a wetted mould and leave until cold Turn out of the mould when needed

How to make a Jelly with Gelatine

In gelatine mixtures such as jellies and creams, more gelatine is required to set the same amount of liquid in hot weather than would be necessary in cold Where fruit or other solids are added to the jelly, more gelatine is needed to give a mould stiff enough to support the weight of the fruit It is important to buy a good brand of gelatine, as some of the cheap ones give very poor results If packet jellies are used, follow the directions on the packet

Gelatine is sold either in granulated form or in sheets. Allow ¾ oz to 1 oz gelatine to each pint of liquid, according to the manufacturer's instructions given on the packet Soak the gelatine for ten minutes in a little of the liquid (cold). Then dissolve in the rest of the liquid which has been heated to just below boiling point When perfectly dissolved, add sweetening and flavouring, stir well and strain into a wetted mould.

HOW TO TURN OUT A JELLY

Take a bowl and fill it with water which is just hot to the hand Put the mould quickly under the water and out again and pat dry with a clean cloth. Holding the mould in the right hand, shake it gently out on to the left palm and with the same movement slide it on to a dish. A mould made of china or earthenware will take a little longer for the heat to penetrate.



To turn out a jelly, dip mould into hot water

WHY THINGS GO WRONG

A baked milk pudding may be unsatisfactory if:

1. The pudding has been baked too quickly in too hot an oven, as this will produce a hard, tough brown skin.

2. There is too much grain to the quantity of liquid. The pudding may be stodgy, dry and unpalatable. Too quick cooking can also produce this result.

A Yorkshire pudding may not be light if:

1. The mixture is not beaten enough. The more beating, the lighter the pudding is the rule.

2. The mixture is poured into fat that is not hot enough

A boiled or steamed pudding can be spoiled if:

1. The mixture is too stiff.

2. Not enough raising agent is used in the mixture. This will result in a heavy pudding.

3. The pudding is put to boil or steam in water that is not quite boiling. This can cause soggy and heavy pudding.

A mould may be a failure if the following points are not followed.

1. See that the mould is properly set and that the proportion of grain is correct to the amount of milk Neglect of these points may result in a "cracked" uneven mould.

2. Stir well or lumpiness may follow.

A jelly may disappoint if:

1. It turns out to be too stiff. In this case too much gelatine has been added.

2. A dirty or greasy mould is used, thus causing a cloudy jelly.


Pour batter into hot pan

Making Pancakes

Pancake batter has the consistency of thin cream and pours easily The usual proportions are one egg to a half pint of milk and a quarter pound of flour. To make the batter light it must be well beaten Baking powder is not necessary.

Heat a little fat in a frying-pan before pouring in the batter Brown, turn and brown on the other side Sugar, roll up and serve

For a jam pancake, spread with a little jam before rolling


Turn over to brown nicely


Brown second side—lift out


Dredge generously with sugar


Serve rolled, with lemon, orange, or if liked with a little jam


Prepare soufflé case Make panada

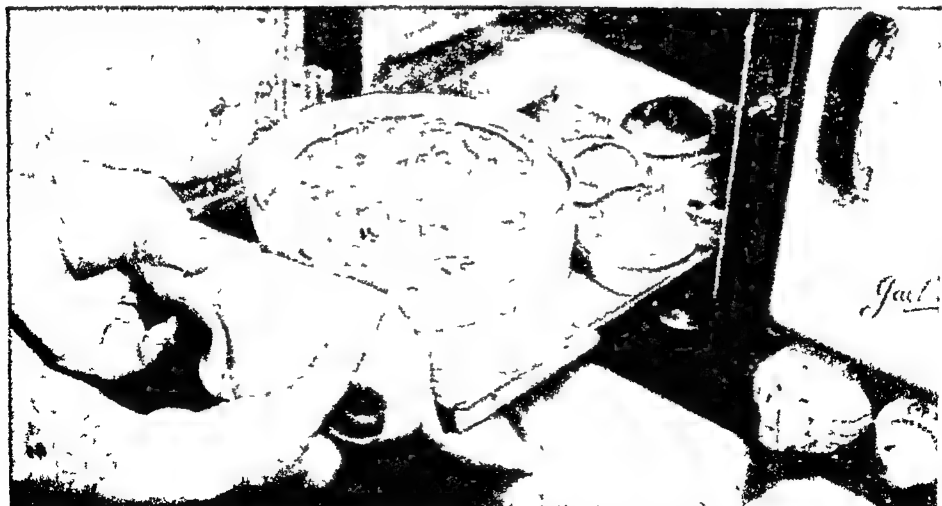

Make sure it is beaten well

Making a Soufflé

First, make a panada of the flour, sugar, butter and milk The proportions of this are usually one ounce each of butter, sugar and flour to up to four eggs. For a panada the butter is melted in a pan large enough to take all the mixture, including the stiffly-beaten whites of the eggs Melt the butter over a low heat and stir in the flour with a wooden spoon Add the milk gradually, beat hard, and add sugar and any flavouring used. Add the egg yolks and lastly add the stiffly-beaten whites.


Add egg yolks previously separated


Add stiffly-beaten whites


Bake until firm in the centre when lightly pressed

How to Make Pastry

The basic ingredients for pastry are flour, fat, salt and water.

FLOUR

PLAIN FLOUR should be used for pastry unless the weight of fat available is less than half the weight of flour, in which case a level teaspoonful of baking powder may be added to each ½ lb. of flour. When baking powder is used, be careful to bake the pastry immediately after mixing, before the effect of the powder has passed off

Flour used for pastry must be very dry It should be sieved because this introduces air into it and makes the pastry lighter. When available, Vienna flour, which is extra fine, should be used for puff pastry and choux pastry

FATS SUITABLE FOR PASTRY

Flavour and what is known as "shortening power" are the two essentials for a good pastry fat. As far as flavour is concerned, there is nothing finer than good butter. The fats with the most shortening power are lard, cooking fat and beef dripping. A mixture of half lard, cooking fat, or clarified beef dripping (see page 35), plus half butter or margarine, is excellent for short, rough puff, flaky and puff pastry

Suet is used for pastry for boiled or steamed puddings. This pastry is often called "suet crust" Lard or cooking fat are usually used for hot-water pastry for raised pies. Vegetable oil may also be used for pastry, and vegetarians use various nut butters.

PREPARATION FOR PASTRY-MAKING

Make sure you have everything you need on the table before you put your hands in the flour. You will need flour, fat, salt and a jug of cold water. Also a pastry board (or substitute, see page 27), a rolling-pin (or substitute, see page 27), a mixing bowl, scales or a ½-pint measure, a sieve, a teaspoon and a knife. All these should be as cold as possible.

How to make Short Pastry

This pastry is for general use, that is, for pies, tarts, pasties, etc.

1. Weigh (or measure) the flour. Add salt in the proportion of ½ teaspoonful salt for 1 lb. of flour. Sieve together into the mixing bowl.

2 Add 4 oz fat to 8 oz flour For suitable fats, see above. If this amount of fat is not available, it can be cut down to as little as 2½ oz , but this will make a very plain pastry.

3. Rub the fat into the flour, using the tips of the fingers and thumbs and lifting the hands out of the basin Hands should be as cool as possible. Rub until the mixture looks like fine breadcrumbs.

4 With the knife, mix in the least possible amount of cold water, using only enough to make a very stiff dough. Add a dash of lemon juice to the water if available Too much water is one of the chief reasons for hard, tough pastry (see below). Do not knead the pastry, as this toughens it.

5. Flour the pastry board and rolling-pin very lightly. Too much flour used for dusting also hardens the pastry. Roll lightly on one side only and do not handle more than necessary When scraps of pastry have to be re-rolled, do not knead them together, place them on top of each other and roll out.

6. Whenever possible, leave the pastry to stand in a cool place for about fifteen minutes before baking. This is especially important with pastry that has been re-rolled.

7. Use a hot oven, but not a fierce one. If not hot enough, the fat melts before the starch grains in the flour can burst and absorb it If too hot, the pastry will burn before it has risen properly. Temperature recommended, 450° F

COMMON ERRORS IN MAKING SHORT PASTRY

Hard, tough pastry may be due to one or more of the following reasons·

Too much water, i e too soft a dough

Too much handling and rolling out.

Too much flouring of the board and rolling-pin, necessitated by too soft a dough

Too little fat.

Too slow an oven.

How to make Rough Puff Pastry

This is suitable for meat pies, sausage rolls and various patties

1. Weigh (or measure) the flour Add salt in the proportion of ½ tea-spoonful salt for 1 lb. of flour. Sieve together into the mixing bowl.

2 Allow 4 to 6 oz fat to 8 oz flour. For suitable fats see page 182.

3 Do not rub the fat into the flour with the fingers Use two knives like scissor blades and cut the fat into the flour in small pieces, no bigger than peas.

4 Mix to a stiff dough with very cold water.

5. Flour the board and the rolling-pin lightly and roll the pastry into a strip about 6 in wide and ¼ in thick, keeping the ends square and the sides even.

6. Fold the pastry by bringing the side edges to the middle, then the top and bottom edges to the middle, and finally fold in half. Press the edges together.

7. Whenever possible, put in a very cold place for fifteen minutes.

8. Turn the pastry so that its folded edge is to your left-hand side. Roll it out again, and fold, as in 6. Then roll out and use as required.

9. Bake in a hot oven (475° F.).


Mix in a little water


Mix lightly with a knife


Roll on to floured board

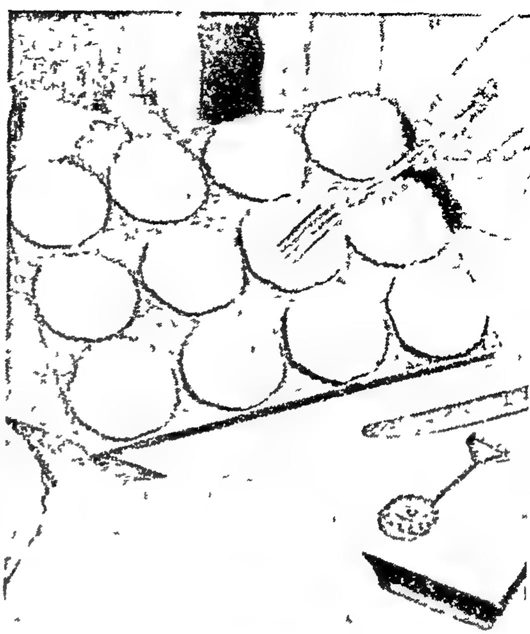
Pastry-Making

To make short pastry the directions are simple. Weigh, or measure, the flour. Add salt and sieve together into a mixing bowl. Rub in the fat, using only the tips of the fingers. When the mixture looks like fine breadcrumbs stir in the cold water, mixing it very lightly with a knife. Use only enough water to make a very stiff dough. Turn on to a floured pastry-board and roll out lightly with a floured rolling-pin. Cut the pastry to fit the prepared tins. Where a large proportion of fat is used, there is no need to grease the tins, but where only a small proportion of fat has been used it is as well to do so, or the tarts may stick to the tins. The large tart can be cut to fit as in the illustration, with a special pastry cutter. It can also be made to fit neatly as


Roll lightly on one side of the pastry only



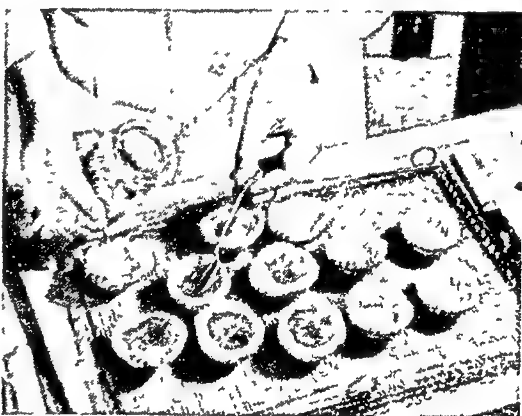
Carefully line the tins



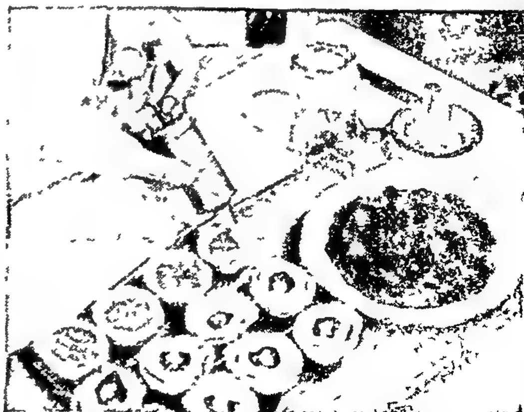
Prick the bottom with a fork

on page 190. Here the rolling-pin is passed lightly over the top of the lined tin and the surplus pastry is cut away Small patty tins can be lined with pastry cut by cutters with a fluted edge A tin or cup does just as well Prick the bottom of the pastry shells if they are to be baked empty This will prevent "bubbling" while cooking Lay a few crusts of bread on the top of the pastry to keep it flat and bake in a hot oven. If preferred, the tarts, both large and small, can be filled with jam before cooking Fill with jam. When cold, the tarts can be piped with a little mock cream, using an icing nozzle for neatness

Instructions for making a lattice-top tart can be found on page 191.



When cooked fill with jam



Decorate with mock cream if liked

How to make Flaky Pastry

This is more expensive than rough puff pastry, it is used for various fancy dishes.

1. Weigh (or measure) the flour Add salt in the proportion of ½ teaspoonful salt for 1 lb. of flour. Sieve together into the mixing bowl.

2. Allow 6 oz fat to 8 oz. flour. True flaky pastry is made with fresh butter. The butter should be in cold water for about half an hour before being used (unless the weather is cold) and then be dried in a cloth.

3. Divide the butter into four equal portions. Take one of these portions and rub it into the flour as for short crust.

4. Add just enough very cold water to make the stiffest possible dough Roll out into a strip about 6 in. wide and rather less than ¼ in. thick.

5. Take one of the remaining pieces of butter and with the point of a knife dot it in tiny pieces all over the pastry in even rows, leaving 1-in. margin without butter round the edges.

6 Fold the pastry exactly in three Turn round, so that the join is on the right side. Press down the folds sharply with the rolling-pin so as to enclose some air in the folds

7. Roll out the pastry again and repeat the process with the two remaining portions of butter. Put aside in a cool place for fifteen minutes. Then roll out to the desired thickness and, if it requires widening, turn it across the board and roll across, never in a slanting direction.

8 Bake in a very hot oven (475° F.).

How to make Puff Pastry

This is the richest of all pastries, it requires a high proportion of fat and takes a good deal of time to make. It is suitable for vol-au-vent, mince-pies, and various patties and fancy dishes

1. Weigh (or measure) the flour. Add salt, with proportion of ½ teaspoonful salt for 1 lb. of flour. Sieve together into the mixing bowl.

2. Allow equal quantities of butter and flour

3. Take a quarter of the butter and rub it into the flour as for flaky pastry.

4. Add enough cold water to make a very stiff dough. A little lemon juice should be added to the water. Turn the dough on to a floured board and knead lightly until it is soft and pliable This is very important

5. Roll the dough out rather thinly into a square or round shape Mould the rest of the butter into a similar shape and place it on the dough, leaving a margin of dough 1 in wide round the edge Turn this margin over the edges of the butter, which should be of almost the same consistency as the dough.

6. Fold the paste exactly in three. Turn round so that the fold is on the left-hand side Press down the folds sharply with the rolling-pin so that some air is enclosed inside.

7. Leave to rest for fifteen minutes in a cold place.

8 Repeat the folding and rolling out (as in 6) twice, then leave to rest in a cold place again.

9. Repeat 8 twice, which means that the pastry will be rolled out and folded seven times in all This is called giving it seven "turns."

10. Bake in a very hot oven (475° F)

How to make Suet Pastry

This is used for steamed and for boiled meat, or fruit puddings, roly-polys, and dumplings.

How to choose suet. Suet must be hard, dry and without any odour. Beef suet is better for pastry than mutton suet It should be stored in a cool, dry place. If no suet is available, use grated and clarified mutton dripping. Vegetarians use a product made from nuts

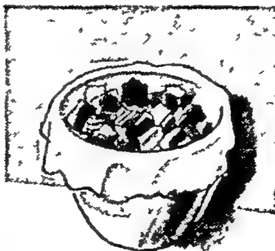
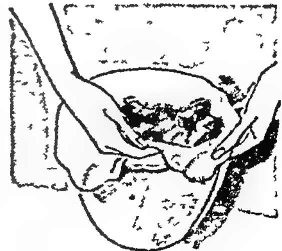
How to prepare suet for pastry. Remove all the membranes Grate or chop finely. Dredge with flour to prevent the flakes from sticking together Packet suet is already dredged and ready for use

HOW TO MIX THE INGREDIENTS

1. Allow 3 to 4 oz suet to 8 oz flour.
2. Allow ½ level teaspoonful salt and 1 level teaspoonful baking powder to 8 oz flour and sieve together into a mixing bowl.
3. Stir the suet into the dry ingredients
4. Add enough cold water to make a stiff dough and use as required.

HOW TO LINE A BASIN WITH SUET PASTRY FOR A MEAT OR FRUIT PUDDING

1. See that the basin is perfectly dry
2 Grease the basin carefully Grease also a piece of greaseproof paper large enough to cover the basin and leave a margin of 2 to 3 in
3 Roll out the suet pastry into a circle about ⅓ in thick and large enough to lap 2 in to 3 in over the top of the basin
4 Lift it gently over the basin Ease it in, taking care not to stretch it. Press it carefully to take the shape of the basin.

When lining pudding basin, be careful not to stretch the pastry. Mould it to the shape of the basin

5. Put in the filling, which must come to the top of the basin

6. Lift the overhanging margin of pastry over the filling, moulding it with the fingers to meet in the centre of the top. See that the filling is well and evenly covered

7. Cover with the greased paper, twisting the edges of the paper to form a firm cap (see illustration, page 177) Steam (see page 177) for the length of time required (not less than one and a half hours).

How to make Choux Pastry

This is used for cream buns, éclairs, etc

1. Sift ¼ lb fine, dry flour together with a pinch of salt Add 1 teaspoonful caster sugar if a sweet pastry is desired.

2. Heat 2 oz butter in ¼ pint of water.

3. As soon as the butter has melted and the water begins to boil, remove the pan from the heat and add the flour, stirring well with a wooden spoon.

4. Return to the heat, stirring until the mixture thickens and leaves the sides of the pan This is called a panada and is used for soufflés (see page 174) If overcooked it becomes oily and spoiled

5. Remove from the heat and add three eggs, one at a time, beating each into the mixture thoroughly. Add a few drops of vanilla essence if liked Cool before using.

How to make Hot-water Pastry

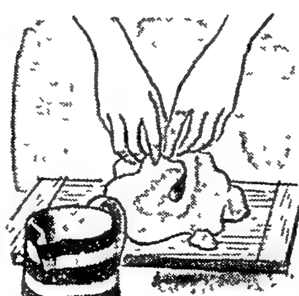
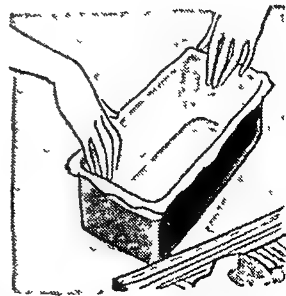
For raised pies such as meat pies and pork pies.

1. Allow 2 oz lard to 8 oz flour, together with ½ pint hot water or milk and 1 level teaspoonful of salt

2. Put the lard and water (or milk) into a saucepan and bring to the boil.

3. Sieve the salt and flour (which must be dry) into a mixing bowl, make a well in the centre, and as soon as the water comes to the boil and the fat has melted, pour the hot liquid into the well and mix with a wooden spoon to form a lump

4. Lift on to a floured board Knead with the hands until all the cracks have disappeared and the pastry is smooth and pliable.

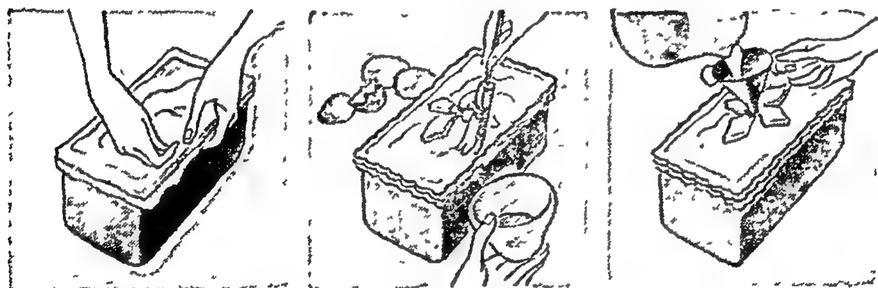
Hot-water pastry is used for meat pies

5. While still warm, cut off about a quarter of the pastry and reserve for the lid and decoration Wrap this quarter in greaseproof paper and keep it warm on a plate over a pan of boiling water

6 Roll out the rest of the pastry about $\frac{1}{3}$ in in thickness, and mould it to form a lining to a greased pie-mould or tin Make a small level rim of the pastry stand up above the top of the mould Put in the filling

7. Roll out the piece of crust to form the lid Moisten the edge of this with cold water, put it in position and press the two edges of pastry well together. Trim them neatly, leaving a ridge about $\frac{1}{4}$ in high standing up round the pie. Cut through this ridge at intervals of $\frac{1}{4}$ in, and then double one piece in and the next out, and so on, or flute the edge in any manner you fancy.

8 Cut a small hole in the centre top with a skewer or knife, decorate with pastry leaves, etc, and brush the pie all over with beaten egg.



A veal and ham or pork pie is greatly improved in appearance if it is decorated with pastry leaves and brushed over with beaten egg

9 Bake in a moderate oven until the pastry becomes brown and the meat feels tender when tried with a skewer (one and a half to two hours) When removed from the oven, fill up with stock that will jelly when cold, using a funnel placed in the hole in the crust.

How to glaze Pastry

Pastry is usually glazed before being baked, except in the case of dishes which require long baking, when it is better to leave the glaze until the baking is nearly done

For meat pies, brush the pastry over with yolk of egg mixed with a very little water This gives a deep, rich colour If a lighter tint is required, brush over with beaten egg (yolk and white together) or egg and milk, or even milk alone.

For fruit pies, use slightly beaten white of egg or milk, or water, and sprinkle on a little sugar just before the baking is finished

How to make different kinds of Tarts

An Open Tart

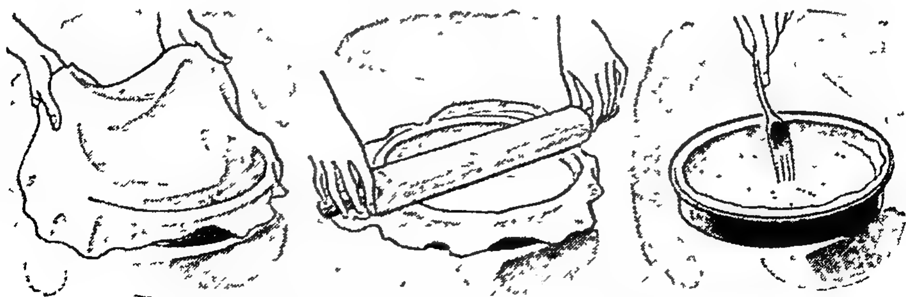
Method 1. Using a flan ring. The pastry for a flan should not be too rich or the flan may break on being filled. (A sandwich tin may be used instead of a flan ring)

1. Roll out the pastry into a round, rather less than ¼ in thick and 2 in. wider than the flan ring. Let it rest for a few minutes to allow for shrinking.
2. Grease the flan ring and place it on a greased baking tray.
3. Ease the pastry on to the ring, pressing it to fit the bottom and sides so that no air bubbles lurk under the pastry, but taking care not to stretch it
4. Roll across the top of the ring with the rolling-pin. This rolls away any overhanging pastry (see illustration).
5. Prick the pastry at the bottom of the case with a fork. Fill it, or, if it is to be baked "blind," press in a piece of greased paper and put in a few crusts of bread to keep the bottom flat.
6. Bake in a hot oven.

Another way to make a flan case is to bake the pastry on the outside of the tin. This makes a perfect shape. Small tart cases can also be done this way.

Method 2. On a plate. An enamel, tin or oven glass plate may be used

1. Roll out the pastry in a round about ¼ in. thick and a little wider than the plate Let it rest for a few minutes to allow for shrinking.
2. Fold the pastry in half to lift it on to the plate Unfold and press into position gently, taking care not to stretch it, lightly pass rolling-pin over edge and then trim the edge with a knife
3. Roll out the trimmings of the pastry and cut a strip long enough and wide enough to cover the rim of the plate.
4. Moisten the edge of the pastry on the plate with cold water and lay the strip on it, making the two ends meet exactly Wet the join with cold water
5. Mark round the rim with the back of a knife or fork or snip it and flute it as you prefer.



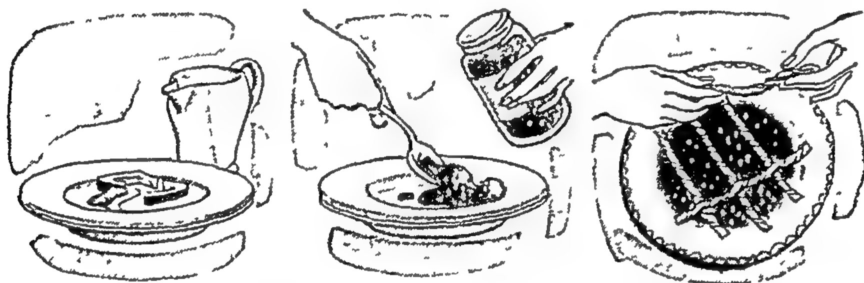
Pass the rolling-pin lightly over the lined tin

6. Prick the bottom with a fork, lay on some crusts of bread to keep it flat, and bake in a hot oven (475° F) If preferred, the tart can be filled with jam, etc., before baking, in which case the baking will take longer.

A Lattice-top Tart

1, 2 and 3 as for an open tart

4. Before laying the strip in position, put in the jam Roll out the trimmings and cut into narrow strips about ½ in wide Twist these and lay across the top like trellis-work (see illustration) Moisten the edges with cold water, then lay on the strip This covers the ends of the twists and makes all neat and tidy again. Proceed as for an open tart.



A tart can be cooked 'blind' as on the left, but if it is to have a lattice-top the jam must be cooked with the pastry as centre and right picture shows

Small Tarts or Patty Cases

Method a. When patty tins are used.

1. Roll out the pastry ⅛ to ¼ in thick and let it rest a few minutes to allow for shrinking

2. Cut into rounds to fit the tins, using a pastry cutter, or a tin or cup. Cut the pastry with a sharp tap, so that the edges are clean cut and will rise well

3. Press the rounds gently into the patty tins with your thumbs. Prick the bottoms with a fork and put a piece of crust in each if they are to be baked "blind" If not, half fill them with jam, etc , to allow room for bubbling.

4. Bake in a hot oven for ten to fifteen minutes.

Method b. Without patty tins.

1. Roll out as above.

2. Cut into rounds about 2½ in in diameter.

3. From the centres of half of these rounds cut out circles, using a pastry cutter about 1½ in. in diameter, thus forming rings and small rounds.

4. Moisten the edges of the whole rounds with cold water or beaten egg and lay the rings on them Place on a baking tin, prick the centres with a fork and place a piece of crust in each. Place the small rounds on another tin. Glaze both cases and small rounds.

5. Bake in a hot oven The cases will take fifteen to twenty minutes, the rounds about ten minutes. Use the rounds as lids when the cases are filled.

A Fruit or Savoury Double-crust Tart

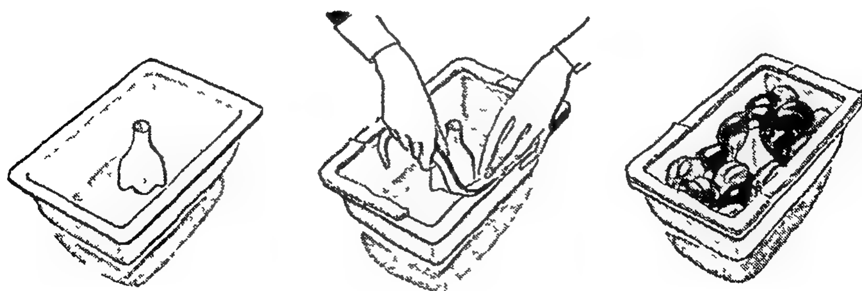
A deep enamel tin or oven glass plate may be used. Short crust pastry is suitable.

1. Divide the pastry into two equal portions.
2. Wet the edge of the plate with cold water.
3 Line the plate with one portion of pastry as for an open tart (see page 190)
4 Put in the filling.
5 Moisten the edge of the pastry with cold water. Roll out the second portion of pastry to form a lid, lay it in position and press the two edges well together.
6 Trim with a knife and mark the edges neatly For a savoury tart, decorate the top with pastry leaves, etc., cut from the trimmings, if liked Make a small hole in the centre top to let the steam escape. Brush the top of the tart with a little water or beaten egg white If it is a fruit tart, dredge with sugar
7 Bake in a moderate oven (450° F.) until the pastry is browned and the fruit thoroughly cooked.

How to cover a Pie

A pie funnel or inverted egg-cup should be placed in the centre of the pie-dish if the filling is liquid.

1 Roll out the pastry into an oblong shape about ¼ in. thick. Leave a few minutes to allow for shrinkage

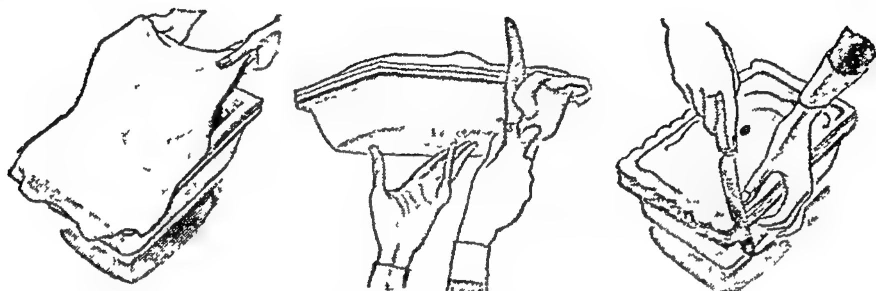


If an inverted egg-cup is used, see that a hole is made in the pastry to let out the steam Use a pie funnel like the above if possible

2 From this piece cut a strip the same length and width as the rim of the pie-dish (about 1 in. wide usually)

3. Moisten the rim of the pie-dish with cold water and lay this strip on it neatly, cut edge outwards, pressing it down and keeping the join flat; the ends should not overlap Put the filling into the pie-dish.

4. Moisten the strip with cold water and lay the large piece of pastry gently into position as the cover, pressing down the edges but not stretching the pastry.



Flute the edge of a fruit pie by scalloping

5. Holding the dish up on the left hand, trim neatly round the edge with short, quick strokes, always cutting away from you and in such a way that the edges of the crust will have an outward slope (see illustration).

6. To seal and decorate the edges, flour the first finger of the left hand and with the back of it press against the inside rim of the pie, while with the back of a floured knife you tap the edges smartly until they look like the leaves of a book. They may then be scalloped, using the knife and the finger and thumb of the left hand (See illustration above)

7. Make a slit about ½ in long in the centre of the top to allow the steam to escape. Glaze the pie (see "How to Glaze," page 189) A meat pie may be decorated with leaves, roses, etc, cut from pastry scraps A fruit pie is usually left plain.

WHY THINGS GO WRONG

1. Pastry may be hard if too much water is added to the mixture.

2. Hardness may also result from too little fat to the amount of flour.

3. If suet pastry does not start to cook at boiling point, a heavy pastry will result, as the starch cooks too slowly to absorb the melting fat

4 A sodden fruit pie may result from not allowing steam to escape from the crust If an egg-cup is used instead of a proper type of funnel a hole *must* be made in the top of the pie to allow steam to escape.

5. Pastry should be kept cool. If possible, it is as well to put the pastry, after mixing, in a cool place, preferably a refrigerator. As cold air expands when heated, the pastry will be lighter for this treatment

Bread and Yeast Baking

Doughs made with Yeast

YEAST IS the raising agent used for making bread, rolls, and certain cakes and buns such as doughnuts, brioche and Chelsea buns.

Yeast is a minute plant, consisting of a single cell so small that it is invisible to the naked eye When you buy an ounce of yeast from the baker it consists of millions of yeast cells compressed together. These cells multiply by feeding on starch, changing it first to sugar and then by the process of fermentation to alcohol and carbon dioxide gas. This is the same gas which is given off by the chemical raising agent baking powder, and it is the presence of this gas which causes a dough to rise.

HOW TO BUY YEAST

Yeast must be used as fresh as possible, so buy it only for immediate use

Fresh yeast has a fresh, "fermenty" smell. It should feel firm to the touch, but should crumble easily If there are any dark spots in it, reject it, for this means that some of the yeast plants have died and the yeast will not work well.

AMOUNT OF YEAST NEEDED

In bread-making, less yeast is needed for large quantities of dough in proportion to the weight of flour than for small quantities Thus, ½ oz yeast is needed to raise from 1 to 3 lb. of flour, while 7 to 14 lb. of flour only require 1½ to 2 oz.

More yeast is needed if the time for raising and baking must be kept short than if longer time is allowed Rich doughs containing fat and eggs need more yeast than plain ones.

HOW YEAST WORKS

Three things are necessary if yeast is to work properly. starch, warmth and moisture.

Starch This is provided by the flour used in a dough.

Moisture This is provided by the water or milk used to mix the dough

Warmth All the ingredients used with yeast should be just warm to the touch. The dough should be kept lukewarm, that is, between 80° F and 85° F. If the temperature rises above 95° F. or falls below 77° F. the yeast will not grow.

How to mix the Dough

To start the yeast working quickly, it should be put in a warm basin, a little sugar added and the two creamed together until they become liquid It is important not to add more sugar than the recipe gives, because too much would prevent the yeast from growing. Usually, a level teaspoonful of sugar is added to ½ oz of yeast

The flour, which should be a good bread flour, *not* a self-raising flour, is mixed in a bowl with a little salt for flavouring. Usually, 2 level teaspoonfuls of salt to each pound of flour are enough. Too much salt would check the growth of the yeast When mixed, put the bowl in a warm place to get lukewarm. In many recipes, a well is then made in the middle of the flour and the creamed yeast and sugar are poured in The amount of lukewarm liquid given in the recipe is also added, and the whole is kneaded to a smooth dough

In other recipes, the yeast and sugar plus the lukewarm liquid and a little flour are all mixed together to form a thin batter which is then set aside for about ten minutes to rise This is called "setting the sponge" The rest of the flour is mixed with the salt, sugar and so on, and the fat, if any is used, is rubbed in. When the yeast batter has become covered with bubbles, it, too, is added to the flour mixture and the whole kneaded to a soft dough

With both methods the dough should be soft after a little kneading, but not sticky If too soft, it will not rise well.

How to knead, prove and shape the Dough

To knead means to work the dough into a suitable consistency for bread, cakes, etc In kneading, the outside edges of the dough are lifted and brought to the centre with a quick, light, regular rhythm Either the whole hand or the knuckles may be used The characteristic elastic feel of dough is given by the gluten in the flour. With kneading, the gluten in the flour gradually becomes more and more elastic When thoroughly kneaded, if a dent is made in the dough with a finger, it disappears quickly when the finger is withdrawn.

PROVING THE DOUGH

To prove is to put the dough aside in a warm place to give the yeast time to grow, ferment, and give off the carbon dioxide necessary to make the dough rise.

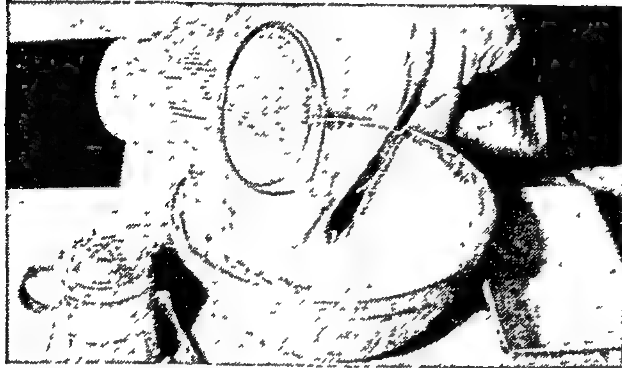
SHAPING

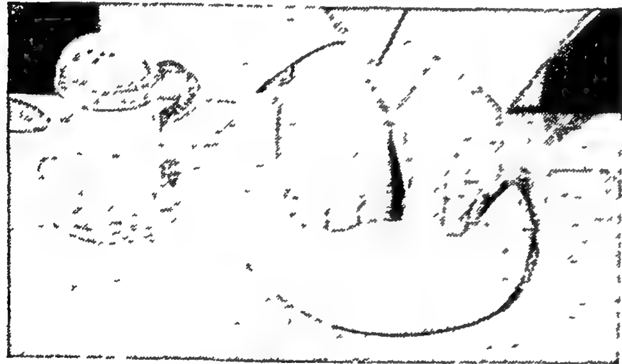
Bread rises better if the pans are warmed but not greased. For rolls, cut the dough into equal-sized pieces and shape so that the tops are smooth. For loaves, make the dough the length of the pans and the same width.


Mix flour and salt thoroughly

Home-made Bread and Rolls

A good basic proportion for household bread is three and a half pounds of flour (not self-raising), salt to the proportion of two level teaspoonfuls to each pound of flour, one ounce of yeast, a little sugar and one and a half pints of water. Warmth is necessary, and to help to start the yeast working it should be put into a warmed basin with a little sugar added, and the two creamed together until they are liquid One level teaspoonful of sugar is added to each half-ounce of yeast. Too much sugar will prevent the yeast from growing Warm all the utensils to be used before you start. Mix the flour and the salt together in a deep bowl and make a hole in the centre. Pour in


Pour in creamed yeast and sugar


Knead, pressing knuckles well in

NOTE
Bread rises better if the tins are warmed and not greased. Rolls can be baked on a flat baking sheet

*


Cover, and put to rise in a warm place



Turn out on to floured board



Put into the prepared tins

the creamed yeast and the warmed liquid This may be water, milk and water, or whatever the recipe gives Mix the flour lightly into the liquid until it is a stiff mixture which will just drop from a spoon. Put aside in a warm place until the yeast has risen through the flour and is a mass of bubbles. Turn on to a floured board and knead. Put the dough back in bowl and leave to rise. In about twenty minutes it should be double the size Turn on to floured board and shape as desired Fill tins half full Put aside to rise again before baking A well-made loaf should rise well and be an even brown colour all over.



Put aside again for fifteen minutes



Well risen and nicely browned bread

How to bake the Dough

Bread should go into a hot oven for ten to fifteen minutes, then the heat should be reduced to moderate and the cooking continued for a further thirty to forty-five minutes Buns need a hot oven all the time and take ten to twenty minutes, according to their size (see chart, page 41)

When a loaf is cooked it draws away from the sides of the pan. Remove it from the pan and tap lightly on the bottom with the knuckles If cooked it should sound hollow. Cool on a rack and do not store away until quite cold

A well-made loaf should rise well and be baked an even brown colour all over When cut, there should be small holes well spaced throughout the loaf

WHY THINGS GO WRONG

Common failures in bread making.

1. The bread may be much too close in texture, resulting in an unappetizing, dry and hard loaf This may be caused by not enough moisture in the dough to soften the gluten in the flour, so that it is incapable of stretching to its full extent

2 The bread may be too "holey." This may be the result of too slow an oven The yeast is allowed to continue "working" throughout cooking time and the holes are the result.

How to buy Bread

Be careful not to buy too much bread at one time There is no food more often wasted, and this waste is usually caused by over-buying, which means that some of the bread becomes too stale to use It is more economical to use bread when it is one day old than when it is new, also, new bread is less digestible.

How to store Bread

Home-baked bread should be quite cold before it is put away. The storage container for bread should be well ventilated as dampness induces mould Bread bins should be kept scrupulously clean, they must be wiped out every day and washed out (with a little vinegar in the water) every week, and thoroughly dried Loaves should not be stored in air-tight wrappings, but where a bin is not used, they may safely be stored in clean polythene bags with one end left open

How to make Breadcrumbs

Ordinary breadcrumbs are made with crumbs from a stale loaf Cut off the crusts and use them for browned breadcrumbs If no wire sieve is available, rub the bread between the palms of the hands or on a grater

Browned breadcrumbs are made by baking stale bread and crusts in the oven until they are thoroughly crisped through These are then put through a mincer or grinding mill or crushed with a rolling-pin Sieve before storing

Cakes, Scones, Buns and Biscuits
Icing Cakes

THE CHIEF ingredients for cakes, buns, etc , are flour, fat, sugar, eggs, milk or other liquid, together with dried fruit and flavourings of various kinds, and certain chemical raising agents for particular types of cakes, buns and bread For baking times for cakes, etc , see Baking Time-table, page 211.

Flour

Flour varies in "strength " A "strong" or "hard" flour is one which is capable of absorbing a great deal of moisture Most Canadian flours come into this category A "hard" flour also contains a high proportion of a substance called gluten When moistened, this gluten becomes elastic, when heat is applied, the moisture turns to steam and expands the gluten This makes the cake rise When more heat is applied, the gluten sets in its expanded condition If it were not for this property of gluten, a cake would rise in the oven and fall again on cooling Strong flours are used for yeast mixtures, plain cakes, flaky and puff pastries

A flour with a low percentage of gluten is called "soft" or "weak " Most of the flour produced in Great Britain is soft It is good for rich cakes, short crust pastry, shortbread and biscuits If a hard flour has to be used for a rich cake, it is a good plan to add cornflour in the proportion of 2 oz of cornflour to 14 oz flour Flours with little or no gluten, such as cornflour or arrowroot, cannot be used by themselves for baking. Oatmeal, rye and barley flour, all low in gluten, give better results if mixed with wheat flour.

EXTRACTION RATE OF FLOUR

During and immediately after the Second World War the extraction rate of flour was high, giving a darker loaf

Today flours of all types are milled and are freely available Certain additives are made to improve the nutritional value as well as the appearance

The controversy as to whether brown bread made from wholemeal flour is more nourishing than white, has raged for many years, and the concensus of opinion now tends to state that there is no nutritional difference between white and wholemeal flour. It is said to be entirely a matter of taste and of "a little of what you fancy" doing the most good

SELF-RAISING FLOUR

Self-raising flour is wheat flour with a chemical raising agent added to it It is suitable for any recipe in which a fairly large amount of raising agent is needed, but should not be used for rich cakes

HOW TO PREPARE FLOUR FOR BAKING

Damp flour will make a cake heavy, so it is most important to keep it dry. If there is any doubt, warm the flour in a cool oven or on a rack before use Flour should always be sieved for cake-making, as this introduces air into it and helps to make the cake light.

Fats

As in pastry-making (page 182), flavour and shortening power are the two important qualifications needed for fats used for cakes, etc

Although the fats with the greatest shortening power are lard, cooking fats and beef dripping, it is not wise to use them alone in a cake, as they are apt to flavour it. Half butter or margarine and half lard, cooking fat or beef dripping is a good mixture for a cake that contains other flavourings. For an unflavoured cake, all butter or all margarine or a mixture of the two should be used. Butter gives the finest flavour of all.

Sugar

Caster and granulated sugar are mainly used in cake making. Caster is the easier to cream because it dissolves much more easily than granulated. Demerara sugar and moist sugars such as Barbados and "pieces" are used for gingerbreads and also for Christmas cakes and bridal cakes, which should be dark in colour.

Golden syrup, treacle (including black treacle), honey, maple syrup and glucose are also used for sweetening. Icing sugar is used for decorating cakes, etc.

Eggs

(See also page 71)

Apart from their food value, eggs are valuable in cake-making because they help to make a light cake. When the white of an egg is beaten, the albumen of which it consists and which is an adhesive liquid is capable of holding a considerable amount of air. When the cake is put in the oven, this air expands and acts as an additional raising agent in the cake and so increases its bulk. When heated, the egg albumen sets and helps to hold the mixture in shape

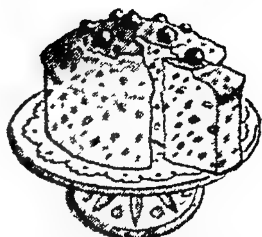
A rough-and-ready guide to the raising power of an egg is the old saying that a well-beaten egg can lift its own weight in flour.

Milk or other Liquid

As a general rule, the plainer the mixture, the wetter it should be Very rich mixtures have sufficient fat and sugar without the addition of moisture.

Fat and sugar will melt when heated and may then be considered as liquid which will be absorbed by starch In a rich cake (one which has a high proportion of fat and sugar to flour) it is not necessary to add extra liquid

In fact, if milk is added to a very rich mixture it will result in a wet and heavy cake. Plain cakes have less fat and sugar, so that added liquid is necessary to give a light texture. It may be added as milk or water. The liquid will make the mixture light by turning to steam in the heat of the oven. Water expands on turning to steam and causes the mixture to rise.



Glacé cherries look most attractive on a fruit cake

Dried, Candied and Crystallized Fruits

The most important dried, candied and crystallized fruits used in cake-making are as follows:

Angelica. This is sold candied in sticks and is green in colour. Chopped up fairly finely, it is sometimes used in fruit cakes, it is also frequently used to decorate small cakes, either iced or plain Any very hard sugar attached to the sticks should be removed before the angelica is chopped up.

Candied Peel. Lemon, orange, citron, lime and melon peel are all sold in candied form to be used in cakes and puddings; and peel can be bought either in halves, in slices, or shredded Candied peel should have any surplus sugar removed, and be chopped finely before being added to a cake mixture It weighs heavily, and if not finely chopped would sink to the bottom of a cake.

Cherries, Glacé. Glacé cherries look most attractive in a rich fruit cake, and they are often used as the only fruit in a plain mixture, or to decorate small individual cakes, either plain or iced. They should always be cut into halves or quarters, never used whole

Crystallized Fruits. (Apricots, cherries, etc.) Crystallized fruit should have any surplus sugar removed, and be cut up into fairly small pieces.

Crystallized Ginger. This is sold in chunks. It should be cut up finely and used as desired.

Currants. These should be washed in warm water and dried thoroughly, then rubbed in a sieve or a muslin cloth to remove the stalks. Alternatively, they can be sprinkled with a little flour, then rubbed between the hands to remove the stalks

Dates. These are bought by the pound and sold either stoned or unstoned. As dates contain so much sugar they make a very pleasant addition to a cake mixture, but they should be cut into very small pieces, because they weigh so heavily. The stones should, of course, be removed.

Figs. These should be soaked for a few minutes in hot water before being used Then the stalks and any black portions should be removed and the figs cut into quite small pieces.

Sultanas. Treat as for currants

Valencia Raisins. To prepare these for a cake mixture, remove the stalks, split them open, then dip your fingers in warm water and remove the pips.

Flavourings and Nuts

The main flavourings and nuts used in cake and biscuit-making are as follows.

Almonds. These are usually sold whole. They should be blanched by being immersed in boiling water for a minute or two, then strained, and the skins rubbed off with the fingers They should be put immediately into cold water to prevent discoloration. When the required amount have been skinned, they should be dried and chopped finely or, if they are needed for decorating the top of a cake, split carefully into halves.

Ground almonds and almond essence are also sold for flavouring cakes Neither of these needs any preparation before use.

Banana Essence. This is sold in bottles ready for use.

Barcelona Nuts. These are sold shelled or unshelled. Shell them if necessary, then roast them in a tin in a moderate oven for a few minutes Rub them in a cloth or on a sieve to remove the brown skins. They should then be ground in a nut-mill, pounded in a mortar, or finely chopped.

Brandy. This is sometimes used in puddings and cakes.

Caraway Seeds. These are sold by the ounce. They need no preparation, and can be used straight away in a cake.

Chocolate. Cooking chocolate is sold either ground, or in a block. Powdered chocolate needs no preparation before use, but block chocolate should be finely grated

Cocoa, mixed with additional sugar, can be used instead of chocolate if preferred.

Cinnamon. This is sold either ground or in sticks. Ground cinnamon can be used straight away. A stick of cinnamon can be stored in a jar of sugar kept specially for making cakes. The sugar will absorb the flavour of the stick after several weeks

Cloves. Ground cloves can be used straight away in cakes. Whole cloves are generally used for flavouring puddings.

Coconut. Desiccated coconut, sold in the shops, needs no preparation before being used in cakes and biscuits.

Coffee. Coffee flavouring can be obtained in a cake by using either a coffee essence or an infusion made by adding a little boiling water to ground coffee, or by grinding coffee berries and then using them as ground coffee.

Jam. This can be used straight away for flavouring cakes and needs no special preparation.

Lemon Essence. This is sold by the bottle and can be used as directed on the label.

Lemon Juice. This is obtained from fresh lemons. Either roll the lemons on a board until soft or heat them gently until they are warm. Both these methods greatly increase the flow of juice Cut them in halves across the middle and squeeze on a lemon squeezer.

Lemon Peel or Rind. Only the yellow part of the rind of fresh lemons should be used, because the white is too bitter Chop this thin rind finely, or else grate the rind on a grater. Mix with a little caster sugar to bring out the flavour.

Nutmegs. These are sold whole or ground Ground nutmeg can be used straight away, while a whole nutmeg must be grated on a very fine grater.

Orange Essence, Juice, and Peel. These can be treated as for lemons

Orange Flower Water. This is sold in bottles and can be used without further preparation.

Peppermint Essence. This is sold by the bottle ready for immediate use

Pistachio Nuts. These can be treated as for almonds

Raspberry Essence. This is sold in bottles for immediate use

Ratafia Essence. This is sold in bottles ready for use.

Rum. This can be used straight from the bottle.

Sherry. This is also used straight from the bottle

Spices (Sweet, Mixed). These are sold already ground and are for immediate use

Vanilla. Ground vanilla, and vanilla essence sold in bottles, can be used straight away. Vanilla is also sold by the pod This, like a stick of cinnamon, can be stored with sugar which is kept specially for cake-making

Walnuts. These can be bought either shelled or unshelled If unshelled, the shells should be removed, and the nuts heated for a few minutes in a moderate oven The nuts should then be chopped finely, pounded in a mortar, or ground in a nut-mill.

Raising Agents

Cold air beaten or folded into a cake mixture is a natural raising agent When the mixture is heated, the air expands and lightens it In the same way a beaten egg will lift a cake mixture. Certain cakes, such as true sponges, éclairs, meringues and so on, depend on air alone for their lightness

CHEMICAL RAISING AGENTS

These depend on the production of a gas called carbon dioxide, which, like air, expands when heated This gas is produced by the action of an acid on an alkali in the presence of moisture As the carbon dioxide is given off as soon as moisture is added, it is important to bake loose mixture cakes which contain chemical raising agents immediately after mixing Take care to mix the raising agents thoroughly with the flour. The three main chemical raising agents used are

1 **Baking Powder.** This contains both an acid and an alkali and when moisture is added they effervesce and give off carbon dioxide When heated, this carbon dioxide expands and lifts or lightens a cake in which it is used As the composition of baking powder is controlled by law, it is the most accurate of all chemical raising agents.

2 **Bicarbonate of Soda and Cream of Tartar.** Bicarbonate of soda is an alkali and cream of tartar is an acid On being mixed with moisture, carbon

dioxide is produced as in baking powder. The proportions of each vary with individual recipes They are often used for raising scones.

3 **Bicarbonate of Soda with an acid-containing substance** such as vinegar, lemon juice, or sour milk. These do not make very accurate raising agents, as the amount of acid in these substances varies so greatly.

HOW TO STORE CHEMICAL RAISING AGENTS

All chemical raising agents should be kept in airtight tins. If baking powder does not effervesce when a few grains are put on the tip of the tongue, it has become stale and lost its raising properties It should not be used.

YEAST

Yeast is a minute vegetable organism which feeds on the sugar in cake mixtures, etc., and produces carbon dioxide.

How much Raising Agent to use

The amount of raising agent to be used in cake mixtures depends on a number of factors

1. Plain rubbed-in cake mixtures (see page 205) need more than the richer, creamed mixtures (see page 206)

2 When more eggs are used in a mixture, the less raising agent will be required.

3 A dark or high-extraction flour needs rather more raising agent than a white flour

The following table can be taken as a general guide only.

Baking Powder

Plain cakes and buns (rubbed-in mixtures)	2 level teaspoonfuls to ½ lb flour
Richer cakes (creamed mixtures)	1 level teaspoonful to ½ lb. flour.

Bicarbonate of Soda and acid substance
(used mainly for scones)

1 level teaspoonful of bicarbonate of soda with ½ pint sour milk or	is equal to 4 level teaspoonfuls baking powder
1 level teaspoonful of bicarbonate of soda with ¼ lb golden syrup or	
1 level teaspoonful of bicarbonate of soda with 2½ level teaspoonfuls of cream of tartar	

Note Too much soda will give a bitter taste to a cake and yellow or green spots may also result

Cake Mixtures

Cake mixtures may be divided into three groups

1. **Rubbed-in mixtures,** in which the fat is rubbed into the flour as in pastry (see page 182) This method is used for the plainer mixtures, i e. those in which the weight of fat is not more than half the weight of flour. (For details see below) It is also used for scones.

2. **Creamed mixtures,** in which the fat and sugar are creamed together. This method is used for the richer cakes in which the weight of fat is more than half the weight of flour.

3. **Sponges.** A true sponge mixture consists of eggs, sugar, flour and flavouring Sometimes a little melted fat is added.

CONSISTENCIES OF CAKE MIXTURES

There are four main types of consistencies used in cake-, scone-, bun- and biscuit-making, as follows·

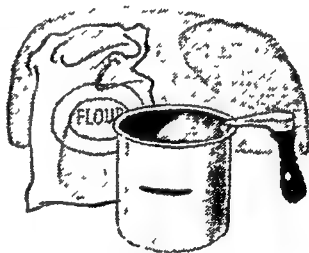
1. **A stiff dough.** For this use only the minimum of water required to bind the ingredients together into one lump Pastry and biscuits are made from stiff doughs

2. **A soft or slack dough.** For this add as much liquid as the ingredients will take without becoming so soft that it is impossible to handle them or roll them out This type of consistency is used for yeast dough and scones (see pages 195 and 210).

3. **A stiff consistency or mixture.** This is a little more liquid than the soft dough It is too sticky to handle, but keeps its shape when dropped from a spoon. Rock cakes are mixed to this consistency

4. **A soft or slack consistency or mixture.** This is a mixture which drops from the spoon in lumps but is too thick to pour. This is the most usual consistency for cakes.

Pouring mixtures (see Batters, on page 173)



Well-sieved flour helps to lighten a cake mixture

How to mix a Rubbed-in Mixture

A rubbed-in mixture should be made in the following way:

1. Rub the fat into the sieved flour, salt and baking powder (if used) as in pastry (see page 182)

2. Stir in the other dry ingredients

3 Beat the eggs and add them to enough milk or other liquid to gain the required consistency (see above) The plainer the cake, the softer should be its consistency.

Add the liquid all at once, as far as possible, as this makes for smooth mixing and a better texture

How to mix a Creamed Mixture

A creamed mixture should be made in the following way:

1 First cream the fat Cut it into slices and put it in a warmed basin, but on no account allow it to oil or the cake will be heavy Beat with a wooden spoon or work with the hand. For large amounts of fat, the hand is much to be preferred Beat until the fat is creamy in consistency and almost white in colour.

2. Now add the sugar and beat again. The mixture should be perfectly smooth, light and fluffy, and look like whipped cream. The texture of the cake depends on the thoroughness of the creaming.

3 Break the eggs separately into a cup to make sure each is fresh before pouring it into the basin One slightly musty egg can spoil a cake Beat the eggs in the basin until light and frothy (or add to the mixture whole, according to the recipe). Add the beaten eggs little by little to the mixture, beating well until each portion of egg has been thoroughly absorbed before more is added

If the eggs are added too quickly the mixture may curdle, owing to the separation of fat and sugar. Curdling should be avoided, as it means the loss of a certain amount of air, but should it occur, mix in a little flour at once

4 Next stir in any flavouring essence required

5 Now add the flour, baking powder, salt and spices if used, sieved together Very little raising agent is added to rich cakes The amount of fat and sugar (and fruit) present is so great that the gluten is incapable of holding the weight of these ingredients if the mixture rises considerably If too much raising agent is present, the gluten is over-stretched and falls again to give a sunken cake Plain mixtures need a raising agent to give the cake a light texture Stir in the flour, etc , with a circular movement, but do not beat, or the heaviness of the flour will press out the air you have just beaten into the mixture Add any liquid required with the flour. Mix until smoothly blended

6 Finally add the fruit gently. It must be clean and quite dry Large fruit like dates or figs should be cut up, or they will sink to the bottom of the cake.

How to mix a Sponge Cake

The general proportions of ingredients for sponges are as follows.

1 to 1½ oz. sugar	1 to 1½ oz flour, well sieved
1 egg	½ to 1 oz melted fat if desired

Note The fat gives a richer texture but is not absolutely necessary.

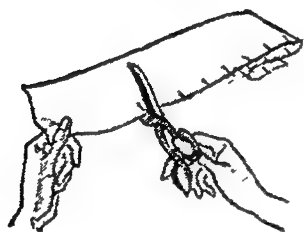
Sponge cakes contain very little flour in proportion to the weight of egg present. The egg is whisked with sugar until stiff After this process, the air content is sufficient to give a light cake without an added raising agent. If less than three eggs are used, however, a small pinch of baking powder should be added. The method for mixing a sponge cake is as follows

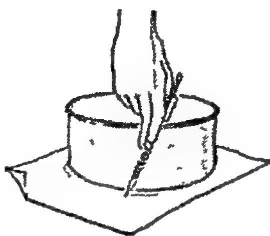
1. Whisk the eggs and sugar together until all the sugar is dissolved and the mixture is so thick and light that a mark is left by the whisk if it is drawn across it.

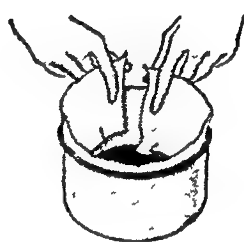
Some people prefer to whisk sponges over hot water. This helps to dissolve the sugar, but there is a danger of the heat setting the albumen in the egg, therefore, if this method is used, the basin should never come into contact with the boiling water, but only with the steam from the water.

2 Fold in the flour lightly. This means that you do not beat, or the heavy flour will force out the air you have just whisked in.

3 If melted fat is used, add it last of all It, too, must be folded in without beating.







A well-lined tin may prevent a burnt cake

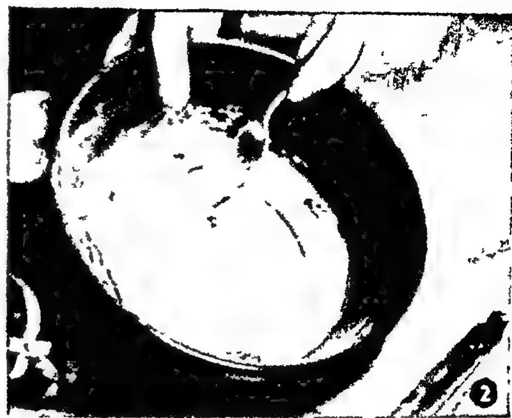
How to prepare Tins for Cake Baking

It is foolish to waste good cake mixture by letting it burn during baking, therefore, unless your cake tins are very strong and your oven heat perfectly regulated, it is best to line the tins with greaseproof or kitchen paper. Rich cakes, which contain much fat and sugar and must be a long time in the oven, are particularly liable to burn.

First cut a piece of paper the same size as the bottom of the tin. Then cut a strip long enough to go round the tin and about 1½ in. higher than the side of the tin Bend up ½ in along the bottom edge of this strip and snip it with the scissors at ½-in intervals Put the strip in position in the tin so that the snipped portion lies quite flat on the bottom of the tin Then put in the piece of paper cut to fit the bottom of the tin, and you have a smoothly lined tin with the lining standing up about 1 in. higher than the sides of the tin For rich cakes, at least two thicknesses of paper should be used For wedding or Christmas cakes, a piece of brown paper is also tied round the tin, standing up above the level of the cake. Several thicknesses of ungreased paper are advisable for the bottom of the tin

For plain cakes and sponges the paper should be greased on the side that will touch the mixture, but the tin itself should not be greased Fat burns easily and should be used sparingly. For rich cakes it is not necessary to grease either the tin or the paper, as there is so much fat in the mixture.







Cake-Making

To make a cake with a creamed mixture, first cream the fat. Next add the sugar and beat until the mixture is light and smooth. The texture of the cake depends on the thoroughness of the creaming. Whisk the eggs well and then add to the mixture. Now add the flour, baking powder, salt and spices, if used Finally, gently add the cleaned and well-dried fruit. Put into a prepared tin and bake as directed by the recipe you are using.

[1] Weigh the fat and then cream it in a warmed mixing bowl

[2] Beat the fat with the sugar until the mixture is light and smooth

[3] Whisk the eggs well until they are light and frothy

[4] Add the egg to the creamed fat and sugar, mixing slowly





[5] Mix sieved flour, baking powder, salt and any spices used

[6] If fruit is used, now is the time to add it to the mixture

[7] Put into prepared tin, spreading mixture well to the sides

[8] Bake as directed until well browned and firm to the touch

[9] When cake is baked, it should be turned on to a rack to cool









How to bake Cakes

Fill the tin only two-thirds full to allow for rising; make a slight depression in the centre of the top of the mixture to help the cake to rise evenly.

Small cakes, scones and light sponges need quick baking. For these cakes it is essential that the oven has reached the correct temperature before the cakes are put in The general rule for cakes is that the richer the mixture the more slowly it should be baked. Thus Christmas and bride cakes are baked in a cool oven, plain fruit cakes in a moderate oven, and so on. See next page, and Oven Temperature Chart, page 42.

Place the cake on a shelf a little higher than the middle of the oven and in the centre of the shelf. In this way the heat is distributed evenly around it Once it is in the oven, do not open the oven door for the first ten minutes and, in the case of a rich fruit cake, for the first thirty minutes. Open the oven door as few times as possible, and open and shut it gently. Banging the door sends a current of cold air into the oven with disastrous results to your baking.

To test whether a cake is baked, insert a warmed, slender skewer or steel knitting needle into it. If the skewer comes out without any trace of cake mixture sticking to it the cake is ready. (Do *not* thrust in a cold knife.) Another test is to observe whether the cake has shrunk slightly from the sides of the tin If it has done so, it is a sign that it is baked Some cooks judge when a cake is baked by listening to it carefully. If no sound whatsoever of cooking comes from it, it is ready.

Before turning a cake out of its tin, stand it in a cool place for a few moments This will cause the cake to shrink away from the tin, and it can then be turned out more easily. Stand the cake on a wire cake tray until quite cold. If no tray is available, place the cake carefully on its side and turn gently several times during cooling. When quite cold, put it away in an airtight cake tin. Do *not* put it in the same tin as biscuits, for cakes must be kept moist, and biscuits dry.

How to make Scones

The art of scone-making has been summed up in a sentence. Make the dough as soft as you can; bake as quickly as you can

1. Sieve the dry ingredients together.

2. Rub the fat in thoroughly (see page 205).

3. Mix in the liquid with a knife, using enough to make a really soft dough It is best if it can all be added at once, as this gives a smoother texture.

4. Turn the dough on to a lightly-floured board and roll (or pat) out to about ½ in. thickness. If too thick, the outsides of the scones will be over-baked before the insides are ready.

5 Cut in shapes, brush the tops with beaten egg or milk if a glaze is required, and bake in a hot oven for fifteen minutes (about 475° F.)

How to make Biscuits

The rule for these is just the opposite to that for scones. It is, "dough stiff, baking slow."

Biscuits may be mixed by any of the methods used for cakes, but the dough must be as stiff as possible. If there is very little liquid present, it is easier for the flour to absorb fat during baking Added moisture lowers the proportion of fat to flour and gives a "tough" biscuit instead of a crisp and crumbly one.

It is often necessary to work the mixture with the hands to ensure smoothness

Biscuit mixtures must be rolled out very thinly and evenly. Cut out the biscuits to the same size or they will bake unevenly Arrange them on a tin which may be covered with paper, or greased, or floured Bake in a moderate oven (about 350° F) for about twenty minutes It is important that they should bake slowly or they will not be crisp Allow them to get quite cold before storing in an airtight tin.

BAKING TIME-TABLE FOR CAKES, BUNS, SCONES AND BISCUITS

	Temperature	*Time*
Biscuits ..	350° F – 375° F	15–30 minutes
Gingerbread .	350° F – 375° F	Depends on thickness
Madeira Cake	350° F – 375° F	,, ,, size
Plain Fruit Cake .	350° F. – 375° F.	,, ,, ,,
Rich Fruit Cake	250° F – 350° F	,, ,, ,,
Rock Cakes	400° F – 425° F.	15–30 minutes
Scones ..	475° F. – 500° F.	10–15 ,,
Small Cakes ..	400° F. – 450° F	15–20 ,,
Sponge Roll ..	400° F. – 450° F.	8–10 ,,
Sponge Sandwich	350° F. – 400° F.	20–30 ,,
Victoria Sandwich	400° F. – 450° F.	15–30 ,,

WHY THINGS GO WRONG

The following errors are the most common in cake-making:

1 **Heaviness or Sadness.** *This can be caused by any one of the following reasons*

Too slow an oven
Too wet a mixture
Too short a baking time
Too much fat or sugar
Too much flour.
Too much working of the mixture after the flour was added
The oiling of the fat before it was rubbed into flour or creamed with the sugar

2 **Dryness.** *This can be caused by any one of the following:*
Not enough liquid. Too long cooking. Too slow cooking

3. **Coarse Grain.** *This may be due to any one of the following:*
   Too much baking powder or soda.
   Too slow an oven
   Not sufficient creaming of the fat, sugar and eggs.

4. **Sinking in the Middle.** *This may be due to any one of the following:*
   Too little flour.
   Too hot an oven.
   Too much baking powder or soda.
   The cake being moved about in the oven after it had risen, but before it was set.

Different kinds of Icings

There are two kinds of icing, one kind requiring a thermometer, for example, fondant or American icing, and another kind which does not, such as water icing, Vienna icing and almond paste Almond paste is an uncooked almond icing. Soya marzipan makes a good substitute (for recipe, see page 466).

The uncooked icings are water icings Chocolate, plain coloured, and flavoured icings are all made with sieved icing sugar and sufficient boiling water to make a coating consistency Melted jam is usually poured over a cake before a water icing is applied This ensures that the icing will remain glossy. (See illustration on How to Ice a Cake, pages 214, 215.)

WATER ICING

This is a soft icing and may be smoothed over a cake It is made with icing sugar, plus water or other liquid, and flavouring if desired (For recipe, see page 466) These icings are glossy when first made and poured over a cake, but on standing the icing becomes dull The reason for this is that the cake, being absorbent, takes up the water from the icing and leaves the sugar, therefore, in order to keep the icing glossy, the cake surface must be made waterproof. This is done by first brushing the cake thickly with melted jam before the icing is poured over.

To ice the cake, put it on a wire cake tray, an enamelled-topped table, or with a sheet of clean paper beneath it, so that any drippings can be collected and used again Smooth on enough icing to cover the top, or top and sides if desired Arrange any decoration such as crystallized flowers or bonbons on the icing while it is still soft. Then put aside to dry.

ROYAL ICING

A royal icing is made with icing sugar, white of egg and acid. (For recipe, see page 465.)

It is a great advantage to ice a cake over a layer of almond paste (for recipe, see page 464), as this ensures a perfectly flat surface. When almond paste is used, it is not necessary to cut a slice off the cake to level it. Put a thick layer of the paste on the top of the cake, pat it into position with the hand and then make it perfectly smooth and level with a wetted knife.

If the sides of the cake are also to be coated with almond paste, brush them over first of all with a little warm, strained jam, apricot if you have it, to make the paste adhere Press the paste on the sides of the cake in a long strip, making the join very neat and the edges smooth and sharp. Allow the paste to become quite firm and dry before putting on the icing.

BUTTER OR VIENNA ICINGS

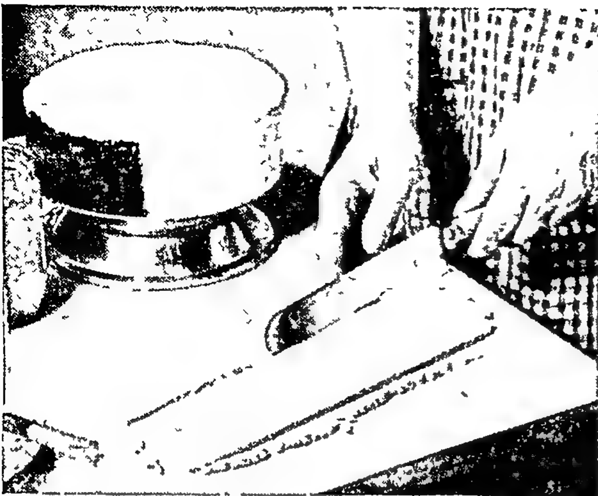
These are made by using from equal quantities of unsalted butter and sieved icing sugar to as much as double the sieved icing sugar to butter. The two are creamed well together and the colouring and flavouring added. If chocolate is desired, the chocolate should be dissolved in as little boiling water as will dissolve the grains of chocolate

ALMOND PASTE

This is made with ground almonds and sugar If a smooth mixture is desired, icing sugar should be used If a rather granular texture is desired, part icing and part caster sugar gives this result The proportions vary between equal quantities of ground almonds and sugar up to three times the amount of sugar to almonds Quite a good and economical result can be obtained by using quarter ground almonds, quarter cake crumbs and three-quarters sugar. In this case, a little extra almond essence must be used to make up for the lack of ground almonds The ingredients are then mixed with an egg and kneaded well If a white paste is desired, it is best to use only the white of an egg, otherwise the whole egg can be used



An attractive plate of fancies can be made this way. Make a plain sponge in a flat tin, cut into squares and ice them; decorate as desired



Cover the cake with almond icing



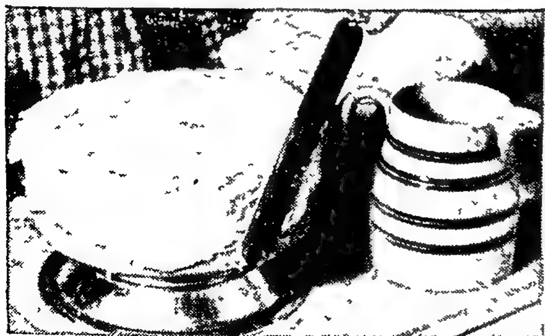
Sieve the lumps out of the sugar



Mix well until smooth and stiff

Icing a Cake

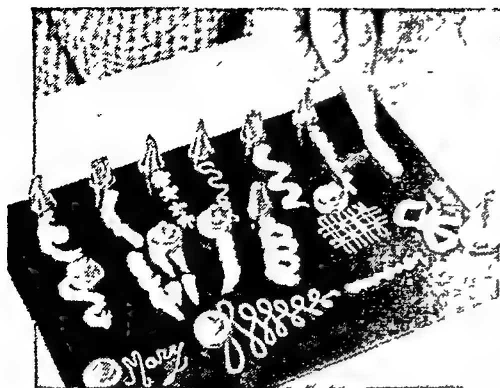
When the cake is quite cold cover with almond icing, first brushing the surface of the cake with jam. Cut a round for the top and then strips for the sides, moulding neatly at the joins. Leave to dry for a day or so. Sieve the icing sugar well, and then mix with white of egg and a few drops of lemon juice. When properly mixed, icing should be so stiff that it stands up in peaks when stirred. Spread icing over surface of cake and round sides to cover entirely Keep icing in a bowl covered with a wet cloth to prevent hardening While smoothing icing over cake keep dipping the knife into a bowl of hot water (shaking off any surplus drops). When icing has set on cake pipe any design that you fancy A revolving stand will help. Icing sets can be bought quite cheaply or, alternatively, a paper bag with a hole cut in the end will do.



Neatly smooth the icing all over



Coat as evenly as possible



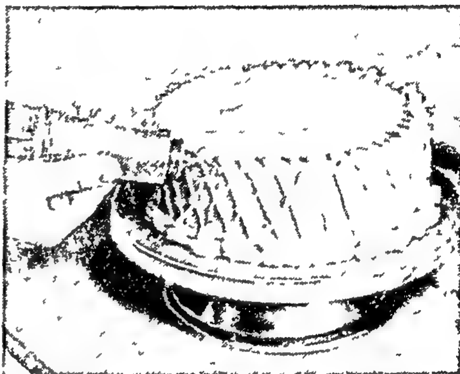
Practise making fancy shapes



Pipe the bottom edging first



Next pipe the top edging



Try a simple design first

Lastly pipe design on the top

Sugar and other Sweetenings Confectionery

Sugar

SUGAR IS the main sweetening agent, it also acts as a preservative (see Jam) The chief kinds of sugar used in Great Britain are as follows:

WHITE SUGARS

Loaf or Lump. This is made from either cane or sugar-beet. It is usually served with tea, coffee, etc. Cane loaf sugar is preferred by some cooks for jam-making, but scientists say there is no foundation for this preference, which is due to prejudice "Preserving sugar" usually consists of small, irregular lumps and is slightly cheaper on that account.

Granulated Sugar. This is made from either cane or sugar-beet. It is used for all table and cooking purposes, including jam-making.

Caster Sugar. This is made from either cane or sugar-beet. It is much finer than granulated, and is used for sprinkling over fresh fruit, etc., and whenever a quickly dissolving sugar is required.

Icing Sugar. This is made from either cane or sugar-beet. It is a fine, soft powder used for icings, fondants, decorations, etc.

BROWN SUGARS

All brown sugars are made from sugar cane and have a distinctive flavour.

Demerara (a crystalline sugar) and **Barbados** and **Pieces** (moist sugars) These sugars do not go through so many refining processes as white sugar, and are, therefore, considered by some experts to be better for children than the highly refined varieties. Brown sugar is often served with coffee. It is also used in cakes and puddings where a rich, dark colour is desired, and for toffees. It is not suitable for jam-making.

Maple Sugar. This is made from the sap of the maple-tree. It has a characteristic flavour, and is used in certain sauces, syrups, cakes, etc.

Other Sweetenings

HONEY

This is a pre-digested food, and is, therefore, a perfect sweetening for dishes cooked for children and invalids. It should be melted slightly before being used in cakes, biscuits, or stewed fruit, because this makes it easier to measure correctly. It gives its own distinctive flavour to dishes. Honey can be used to replace half the sugar needed to make jam or marmalade. In this case, the fruit should be boiled thoroughly before the honey is added, because long boiling afterwards might cause the honey to crystallize.

SYRUP AND TREACLE

Syrup or treacle can be used instead of sugar, or substituted for part of the sugar, in certain cakes such as gingerbread, etc They can also be used for sweet sauces Jams and marmalades can be made with syrup or treacle used in the same proportion as for honey (see page 216) They are also good for making syrup for bottling fruit.

SACCHARIN

Three or four standard tablets of saccharin are equal in sweetening power to 1 oz of sugar. Unfortunately, however, the sweetness which saccharin gives to a dish has a peculiar sickly character which it is almost impossible to hide (see page 219).

Confectionery

Sugar boiling is an art in itself and in order to master the subject a great deal of practice is necessary The following few simple rules, however, should suffice to give one confidence to follow a recipe

1. A pure sugar, preferably cane sugar, should be used.

2. A good, strong pan should be used, because boiling sugar reaches a high temperature and may burn in a thin pan.

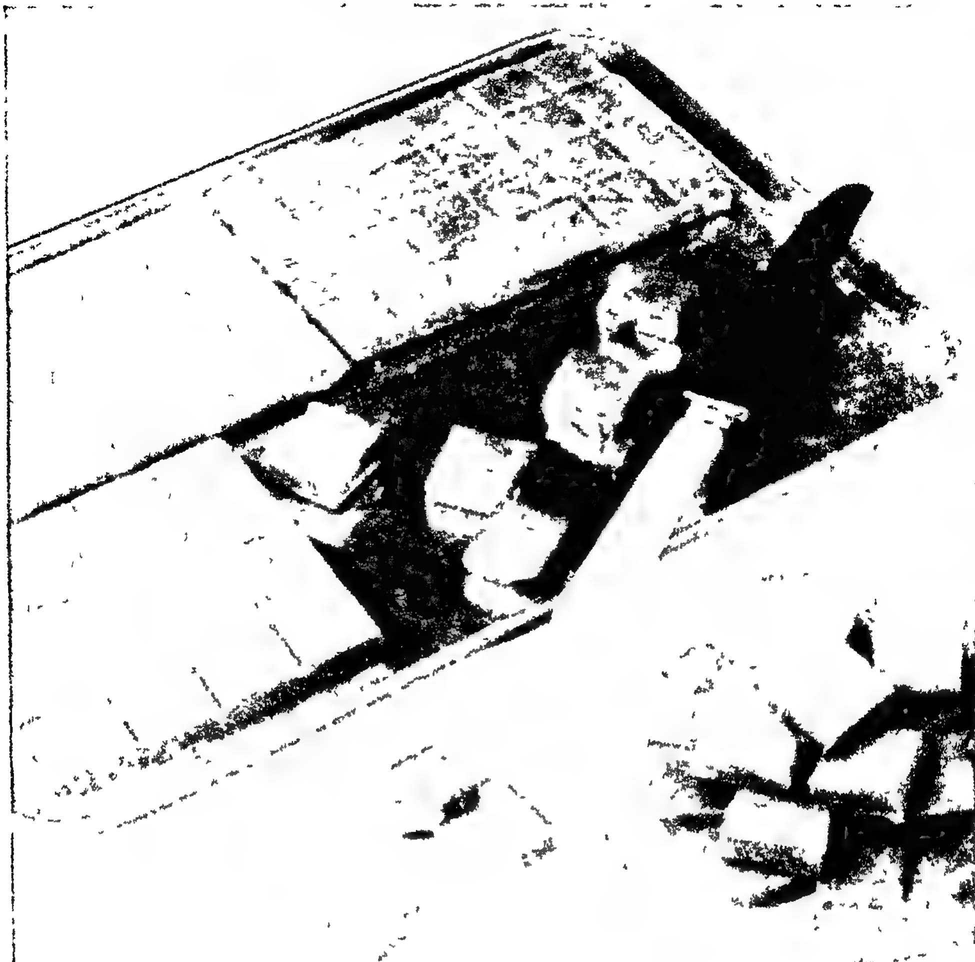
3. Sugar and liquid should dissolve slowly, the important thing to remember is that every grain of sugar should be dissolved before the mixture reaches boiling point. It is wise when dissolving sugar and liquid to have a brush and a jar of hot water at hand, to brush round the sides of the pan. This washes down into the liquid any grains of sugar, and ensures that they are dissolved before the mixture comes to boiling point.

4. If caramel or toffee is required, it is wise to stir the mixture as little as possible after boiling point, otherwise the sugar may grain and the result would be a sugary instead of a clear toffee.

5. If it is a fudge mixture that is desired, remove the mixture from the heat as soon as it has come to the desired temperature Allow to cool slightly and then beat to a creamy consistency. This means the sugar will grain. Graining is very infectious; when the mixture begins to grain it will become a little lighter in colour, and if touched with a finger the grains can be felt The mixture at this stage is ready for pouring.

Success in sweet-making depends very largely on correct temperatures For this reason, it is almost impossible to make good sweets without a sugar thermometer, as guesswork will not do. There are a number of degrees of temperature to which sugar must be heated for different types of sweets The table below gives the most usual types of consistencies required, together with rough methods for testing for them, if no sugar thermometer is available. In all cases, the proportion of sugar to water is 1 lb. of sugar to ¼ pint water.

1. **Thread Degree.** 225° F. To test if this temperature has been reached without a thermometer, take a little of the mixture out on a spoon, dip the tip of your forefinger into cold water, then press the syrup in the spoon



Home-made toffee can be delicious if care is taken in the making. Mixture should not be stirred much after boiling point is reached

with your forefinger towards your thumb. Then separate your finger and thumb, and the sugar should draw out in a fine thread.

2. **Soft Ball Degree.** 236° F. to 240° F. To test for this temperature, drop a little syrup into very cold water and leave it for a second or two It should then be possible to form it into a soft ball with the fingers.

3. **Hard Ball Degree.** 247° F. to 252° F. Test this as for 2, but the ball formed should be hard.

4. **Crack Degree.** 290° F. When a little syrup which has reached this temperature is dropped into very cold water it becomes so brittle that it can be cracked across.

5. **Hard Crack Degree.** 310° F. This can be tested as for 4, but the result should be even more brittle.

6 **Caramel Degree.** 330° F. to 350° F. When this temperature has been reached, the syrup turns brown At this degree it burns very easily.

Substitutes

IT IS not always possible to follow a recipe implicitly Sometimes one ingredient or another is unobtainable or in short supply, and it is useful to know what substitution can be made to enable the directions to be carried out with good results If some of the suggestions are not new, they will serve as reminders.

Eggs

In fruit cakes, substitute one tablespoonful of vinegar for two eggs and add a small teaspoonful of golden raising powder (or one teaspoonful bicarbonate of soda) to each eight ounces of self-raising or plain flour respectively.

Sugar

Saccharin can be substituted for part of the sugar ingredient of cakes and puddings This is sometimes used for those on a "No Sugar" diet under doctor's orders

The best way to use saccharin is to crush the tablets and use them mixed with sugar. Thirty tablets, crushed and thoroughly mixed with ½ lb of sugar, equal 1 lb of sugar in sweetening power This mixture is called "fortified sugar." When using it, only half the ordinary amount of sugar will be needed. Thus, if the recipe requires 2 oz sugar, add only 1 oz. of fortified sugar

Saccharin should not be used for bottled fruit, nor has it any preserving power whatsoever, so it is unsuitable for jam-making It is used, however, to sweeten jam for diabetics, but this jam does not keep

Golden syrup, treacle or honey are good sweetening substances instead of sugar—one level tablespoonful (easy to measure if you dip the spoon in flour, or dip it in boiling water and dry quickly before using) is equivalent to one ounce of sugar Stir it into the liquid used for mixing

In jam-making, half syrup and half sugar may be used if the flavour is preferred, but the set will not be quite so firm

When stewing fruit, any of the above sweeteners may be used instead of sugar, and a pinch of bicarbonate of soda will help to neutralize the acid in sharp fruit such as damsons, rhubarb, etc.

Suet

Butter, margarine, lard or cooking fat may be rubbed into the flour to take the place of grated suet, but with lighter fats the cooking time will be less.

Fat

In pastry-making, well-drained, mashed potatoes can take the place of some of the fat usually required Use the floury type of potatoes where

Potato pastry is economical with fat It is very good eaten hot. Use half the amount of fat normally used and make up with an equal amount of mashed potato

Crushed cornflakes make a good substitute for breadcrumbs They can be used as a coating, or as a top for savoury dishes of all kinds

possible, and eat potato pastry whilst it is piping hot, or on the day of making if it is at all possible.

Candied Peel

Marmalade can be substituted for candied orange and lemon peel, as well as bottled flavourings or grated fresh outer rinds

Dried Fruits

When raisins, currants and sultanas are not plentiful, other dried fruits (prunes, apricots, peaches, apples) can be chopped and substituted.

Cornflour

Arrowroot can be used instead for thickening soups and stews, sweet sauces, milk puddings and shapes Blend with milk or water before mixing and cooking.

Packet Jellies

To make table jellies, allow two level dessertspoonfuls powdered gelatine (more or less according to brand and quality) to each pint of liquid. For fruit flavours use bottled squashes (lemon, orange, grapefruit or lime), cordials or juice from bottled and tinned fruit, emphasizing flavours and colourings with essences where necessary

Cream

Where this is specified as an ingredient for soups and sauces, the top of the milk, or a rich milk, will serve instead. For mock cream see page 412.

Breadcrumbs

Where baked breadcrumbs are not available, substitute crushed cornflakes where suitable Crushed cornflakes also make a good top for many made-up savoury dishes

Cooking Fats

Oil—olive, tea-seed, almond—may be used for almost all cooking purposes, especially frying and cake-making.

Gravy Browning Powder

For this substitute a little sugar heated in an old cooking spoon (or strong pan) until dark brown If made in quantity, dilute with boiled water and bottle surplus

Ground Almonds

Ground nuts, including peanuts, can be used with almond flavouring, sugar and margarine for making marzipan for cakes.

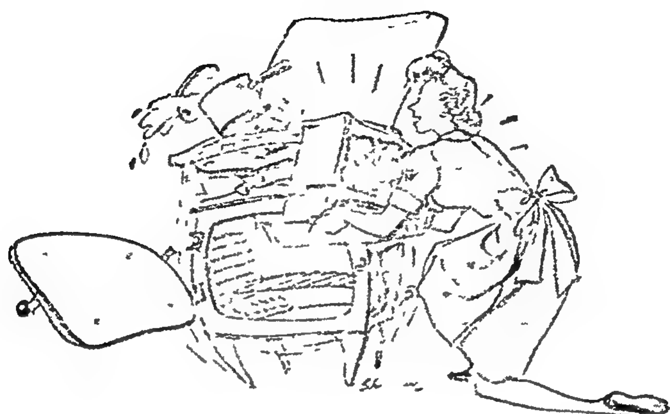
Parsley

This herb, when out of season, can be replaced by fresh celery tops, both as a garnish and a flavouring for savoury dishes.



Roast Beef with a variety of vegetables

Section II



RECIPES

ALL THE elementary rules of good cooking have been explained in detail in the section on Principles of Cookery The cook has been told how to buy, prepare, cook and store all types of foodstuffs to their best advantage

In the recipe section of the book there will be found a comprehensive selection of recipes with cross reference, where necessary, to the basic rules For example, the information on the subject of roasting meat, including beef, is explained in the Principles of Cookery, therefore this is not repeated in the recipe section Instead, "Roast Beef, see page 106," will enable the reader to find the desired directions easily.

All the following recipes will be found practical if the directions are faithfully followed They have been kept as simple as possible to enable the inexperienced as well as the experienced cook to follow them Some of the recipes have "optional" ingredients given These will transform an ordinary dish into something a little more festive For instance, in the soup section, sometimes a little cream is given as an optional ingredient to a cream soup, or, perhaps, a few mushrooms The dish is quite complete without these additions, but, if you have them handy, they will transform an ordinary soup into a really luscious one

As a guide to the cook, the number of persons to be served has been given. If, however, you have only the amount of fish, meat, or whatever the main ingredient might be, for four, do not give up the idea on that account If you must serve six people, give a little less of the main dish and serve an extra vegetable with it. The amounts are a guide, and not a rule.

Hors d'œuvre

Hors d'œuvre are served as a prelude to a meal. They are intended for the purpose of merely stimulating the appetite, and must, therefore, be dainty and appetizing rather than filling Whether the ingredients of the hors d'œuvre are little bits of left-over food, or more elaborate foods such as melon, oysters, smoked salmon or caviare, they must look tempting. This is not difficult, but the preparation does take considerable time and patience.

This course may be placed on the table before the guests arrive, either on individual small plates, or in an attractive dish or dishes The oblong, round or square ones are useful, as they can be fitted with small dishes to take the various kinds of food.

Almonds, Salted

4 oz. sweet almonds — **1 tablespoonful pure olive oil or 1 oz. fresh butter** — **Salt**

Method . Blanch the almonds and dry them well. Fry in the oil over a gentle heat until they are a pale brown. Drain well on kitchen paper. Toss them in some salt and put in hors d'œuvre dishes.

Anchovy Eggs

Hard-boiled eggs
Butter or margarine
Anchovies or anchovy essence
Salt
Pepper
Shrimps

Method : Cut the eggs in halves Remove the yolks and pound them with butter, boned anchovies or essence, salt and pepper to make a smooth paste. Cut a small piece off the bottom of each half white so that it will stand. Fill with the paste, using a hot knife. Decorate with parsley and shrimps and place on a round of tomato or on a bed of green salad.

Bengal Eggs

Hard-boiled eggs
Curry powder
Butter
Anchovy essence
Parsley

Method . Cut the hard-boiled eggs into halves, the round way, remove the yolks and pound them. Mix the pounded yolks with the other ingredients, which have been previously well blended and cooked for a few minutes in a stewpan. Fill the egg whites with the mixture piled rather high and serve on a dish garnished with parsley. Use seasonings and parsley to taste and as much butter as can be spared.



MIXED HORS D'ŒUVRE



TOMATO SOUP



Mixed Cocktail Savouries

Olives (Stuffed)

Bottle of olives
Butter or margarine
Anchovy essence or paste
Small cheese biscuits or croûtons of fried bread
Gherkins, capers and aspic jelly

METHOD: Stone the olives Beat the butter to a cream and flavour with the anchovy. Fill the olives with some of this mixture and spread the remainder on the biscuits Place an olive on each biscuit. Decorate with chopped gherkins, capers and aspic jelly.

Salmon Croûtes

¼ lb kippered or smoked salmon
A few capers
1 oz. butter
Pepper
Cayenne
1 croûton of bread for each person
Sprig of parsley
1 egg

Time: 10 minutes to boil the egg, 3 minutes to heat the salmon

METHOD: See that the fish is free from skin and bone, chop it finely, and mix it with the capers, also finely chopped. Melt the butter in a saucepan,

add a sprinkling of pepper and, if liked, a dash of cayenne. Add the fish and mix well. Pile a little heap on each croûton and decorate when cold.

Boil the egg hard and leave until cold. Chop the white finely and rub the yolk through a sieve. Place some of the white round each piece of fish, and sprinkle the sieved yolk and a little finely chopped parsley on top. This gives a very pleasing effect.

Sardine and Olive Canapes

4 sardines
1 oz. fresh butter or unsalted margarine
Salt and pepper
A few drops of vinegar
1 oz. soft cream cheese
4 large plain biscuits
4 olives

METHOD: Bone and skin the sardines. Pound to a paste with one ounce butter or margarine. Season with salt, pepper and a few drops of vinegar Spread the cream cheese on the biscuits. Stone the olives, stuff them with the sardine paste, put one on each biscuit and serve.

Shrimp Biscuits

1 pint shrimps
2 oz. fresh butter or unsalted margarine
6 drops anchovy essence
2 tablespoonfuls thick mayonnaise dressing
Sprig of parsley
Small teaspoonful lemon juice
12 small plain biscuits

METHOD: Shell the shrimps Chop half of them finely, put in a mortar with one ounce liquid butter, the anchovy and a tablespoonful of mayonnaise dressing, and pound to a paste. Mix the remainder of the shrimps and mayonnaise with the paste very thoroughly.

To the remainder of the butter add a good pinch of very finely-chopped parsley and beat until creamy, then mix in the lemon juice Spread this butter on the biscuits, and pile the shrimp paste on it.

Shrimp Canapes

Slices of stale bread (¼ in. thick)
Fat for frying
Choice of savoury butter (pages 383 to 385)
1 pint of shrimps

Time: 5 minutes

METHOD: Cut bread into rounds two inches in diameter and fry in hot fat until they are lightly browned. Or toast carefully and evenly. When cold, spread with a savoury butter. Decorate with picked shrimps.

There are many simple things that make fascinating hors d'œuvre. Here are some of them.

Anchovies. Remove from tin and wrap round stuffed olives

Beetroot. Cook the beetroot, or if it is bought ready cooked, cut it into thin slices Arrange with alternate thin slices (or rings) of onion if liked. French dressing.

Butter Beans, cooked. While they are hot, toss them in salad dressing and then when cold sprinkle with parsley

Canapés. These are small slices of buttered bread, toast or biscuits on which is spread fish or meat paste or caviare They are then decorated with any of the ingredients used in hors d'œuvre Also they can be circles or squares of toast covered with cut-outs of sausage-meat or tinned fish, glazed with aspic jelly

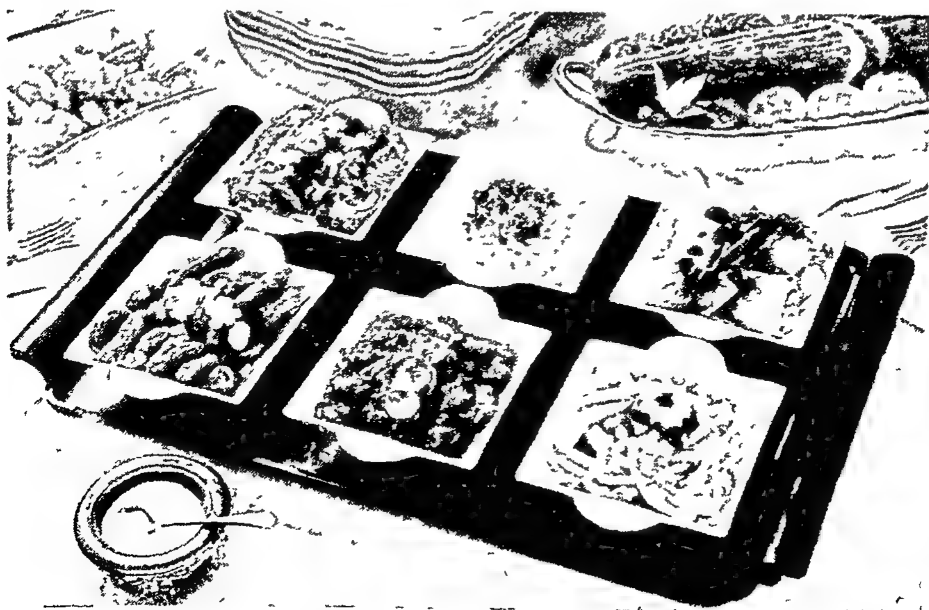
Carrots—grated

Celery. This should be finely shredded, sprinkled lightly with salt, and if possible put on ice or in a refrigerator (If shredded celery is thrown into cold water it will curl attractively after half an hour or so) Mix with salad dressing, or a French dressing.

Cucumber. Cucumber cut into dice and sprinkled with chopped parsley.

Eggs. Eggs may be hard-boiled and cut into fancy shapes, or the white of egg can be cut in strips and the yolk rubbed through a sieve for garnishing other hors d'œuvre Sliced, the cooked eggs can then be garnished in several ways Hard-boiled egg can also be used as a garnish on other dishes

Gherkins—pickled



Mixed vegetables as hors d'œuvre

Grape-fruit. This is another popular first course. There should be allowed half a grape-fruit for each person. Cut the fruit across the sections. Unless you have the real grape-fruit knife with a curved blade, cut all round with a sharp penknife to loosen the pulp from the rind. In the same way loosen the pith in the centre and then cut it out with scissors. Sprinkle with sugar well beforehand and then put into a cool place. A glacé cherry gives it a more festive air.

Horse-radish. Horse-radish and beetroot grated and mixed together. (For those whose palate does not object to "hot" flavours)

Melon. Melon can be served instead of hors d'œuvre, the Cantaloupe kind being a favourite. It should not be over-ripe and can be served with sugar and lemon or powdered ginger. It is sometimes served surrounded with crushed ice.

Mixed Vegetables. Mixed vegetables, either out of a tin or cooked separately. Dice them and while hot toss in mayonnaise.

Mushrooms. Cooked or pickled mushrooms of the small, button kind.

Olives. These are served without garnish and may be either the French or Spanish variety. Alternately, they can be stoned and the cavity filled with pimento.

Oysters Oysters are served instead of mixed hors d'œuvre and not with them. See that the shells are clean and then open the oysters and serve



Hors d'œuvre of Vegetables and Pickles



Table places laid with hors d'œuvre

them on half shells arranged around the plate Three to six can be served to each guest. They are usually garnished with lemon and parsley and served with thin brown bread and butter.

Peas—green garden peas, cooked or tinned.

Pickles. Pickles of most kinds, such as red cabbage, mixed pickle and pickled onions.

Potato Salad. Recipe on page 334.

Radishes. Radishes cut into fancy shapes are attractive

Rollmops. Pickled herring fillets, rolled

Russian Salad. Recipe on page 356.

Salmon. Snippets of cold, cooked fresh salmon Tinned or smoked salmon may also be used

Sardines. Sardines garnished with parsley, onion or tomato rings

Sausage Meat. Thin slices of any kind of savoury meat such as liver sausage, or sausage meat

Savoury Butters. Recipes on page 383. These can be used either formed into small pats or balls or spread on small biscuits or croûtons of bread A little colouring matter makes the savoury butter used this way more interesting. An icing nozzle may be used for garnishing attractively with the tinted savoury butter

Small Cocktail Onions—sometimes called silver onions

Spaghetti in Tomato Sauce.

Smoked Herring.

Tomato. Slices of tomato sprinkled with chopped parsley

Soups

Soup is an excellent standby for the housewife who must study economy, and most of us have to do so these days. It helps to eke out the more expensive foodstuffs such as fish and meat. Soup is not hard to make, needing only a little time and trouble. The basis of soup-making, including the making and care of stock, will be found in the Principles of Cookery section, page 162. Once this information is absorbed, soup-making will be found both easy and practical. The following recipes give many variations for the making of tasty soups, some are simple, others are more "partyish," but all can be adapted to everyday needs by leaving out the more elaborate "optional" ingredients.

Cream Soups

Artichokes (Cream of)

1 lb. artichokes (Jerusalem)
1 small onion (optional)
4 cupfuls stock or water
1 teaspoonful vinegar
½ oz. cornflour
A little milk
1 tablespoonful fat
Seasoning

Time: about 1 hour. Temperature: low

Method : Scrub the artichokes with a hard brush Cut up and cook together with onions, if any, in the stock or water, adding a teaspoonful of vinegar to prevent discoloration. When soft rub through a sieve, and return to the pan

Stir the cornflour with a very little cold milk to a smooth paste. When the stock boils, add the fat, then pour over the cornflour, stirring briskly. Cook over a low flame, covered with a lid, for eight to ten minutes, stirring occasionally. Season before serving. (*For 4 persons.*)

Cauliflower (Cream of)

1 small cauliflower
½ onion
½ oz. margarine
Sprig of parsley
¼ blade of mace
Seasoning
1½ pints stock
1½ pints milk
1½ teaspoonfuls cornflour

Time: about 1 hour. Temperature: low

Method Wash cauliflower Peel and slice onion Place onion, margarine, parsley, mace and seasoning in a pan, add stock and simmer for twenty minutes. Add prepared cauliflower, finely cut up. Simmer all together for thirty minutes Blend milk and cornflour and stir into soup. Stir until the mixture thickens. Rub through sieve, and reheat. (*For 4 persons.*)

Celery (Cream of)

1 small head of celery
1 pint vegetable stock or water
Salt
1 oz. flour
1 pint milk
1 level tablespoonful grated cheese

Time: about 1 hour Temperature: low

METHOD Divide the celery and wash thoroughly, removing only large green leaves Chop pieces of celery small, add to the stock or water, and bring to the boil Season Cook, covered, until soft. Pass contents of pan through a sieve, rubbing through as much of the vegetable as you can manage.

Mix flour gradually with cold milk Bring stock to the boil and pour over the blended flour Return the mixture to the pan and cook gently for four to five minutes Add the cheese just before serving (*For 4 persons*.)

Chestnuts (Cream of)

½ lb raw chestnuts
1 oz. margarine
1 quart stock and milk mixed
4 to 8 mushrooms
Seasoning
Little cream (optional)

Time. about 1½ hours Temperature: moderate to low

METHOD: With a knife make a slit in the chestnuts. Place on a baking sheet and keep them in a moderately hot oven until shells and inner skin can be easily removed. Melt the fat in a saucepan and add the chestnuts. Stir for a few minutes Add the liquid Wash and chop the mushrooms finely and add them to the soup. Simmer the soup until the chestnuts are soft Now rub all through a sieve

Return the soup to the saucepan and add the seasoning. Stir in whatever cream you can spare You can add more milk or stock—or even a little water—should the soup be too thick. (*For 4 persons.*)

Chicken (Cream of)

1½ pints good chicken stock
1 dessertspoonful cornflour
1 yolk of egg
Salt
¼ pint milk, cream or top of milk

Time: about 45 minutes. Temperature: moderate to low

METHOD. This soup will be successful only if you have really strong chicken stock Do not be tempted to add any other seasonings. Bring the stock to the boil Stir the cornflour with the milk to a smooth paste Pour the boiling stock on to it, stirring constantly

Cook gently—in a double saucepan or on a very low flame—for at least twenty minutes

Beat the egg in a small basin Remove the cream soup to cool off slightly,

but it should be still hot when you pour it on to the beaten egg. Stir vigorously while you mix the soup with the egg. Keep over the lowest flame possible to thicken the egg, but make sure that it does not boil any more. Taste for salt The egg may be omitted if desired (*For 4 persons.*)

Cucumber (Cream of)

1 large cucumber
1 lettuce
1 oz. butter or margarine
1 oz. flour
Little milk
Seasoning
1½ pints stock

Time: about 1¼ hours Temperature: low

METHOD: Peel the cucumber and chop finely. Trim lettuce and wash well, then shred Melt the fat in a pan, add prepared cucumber and lettuce, and stir over low heat until softened. Add the stock, cover and bring to the boil. Simmer gently for about half an hour. Blend flour with sufficient milk to make a thin cream, and stir into the soup, mixing well Cook and stir over low heat for about fifteen minutes Rub through sieve. Return mixture to pan, season to taste, and reheat. (*For 4–6 persons*)

Green Pea (Cream of)

1 quart stock
2 teacupfuls shelled green peas
2 sprigs of mint
1 onion
About 1 oz. margarine
4 tablespoonfuls cream or top of the milk
1 level tablespoonful cornflour
Little sugar, salt and pepper

Time: about 45 minutes Temperature: low

METHOD. Bring the stock to the boil Add all the ingredients, except milk or cream, cornflour, sugar and pepper. Boil until the peas are quite soft, then rub contents of pan through sieve Return to saucepan.

Blend the cornflour to a cream with a little milk, and stir into the soup Continue stirring until the soup boils Taste for seasoning and stir in sugar Add cream at the last moment, but do not boil afterwards. (*For 4–6 persons*)

Herbs (Cream of)

4 rounded tablespoonfuls of fresh herbs, chopped, or 4 rounded teaspoonfuls mixed dried herbs
1 tablespoonful flour
1 quart milk
1 oz. butter or margarine
Salt, pepper, nutmeg to taste
Toasted or fried bread cubes (optional)

Time about 15 minutes. Temperature low

METHOD: Choose a mixture of herbs such as sage, chives, a little thyme, sorrel, or whatever you have and fancy Mixed herbs consist of a carefully proportioned variety. These can be bought already dried and mixed.

Stir the flour with a little of the cold milk to a smooth paste Bring the remaining milk, with the fat, salt and pepper, to the boil. Pour over the blended flour, stirring well Return to the pan Add the herbs and a grating of nutmeg to taste Bring to the boil, stirring constantly, then reduce heat to a very low flame. If necessary, use an asbestos mat to keep the soup gently simmering for a further five minutes

Taste before serving If you wish, serve the soup with toasted or fried bread cubes. (*For 4 persons*)

Leeks (Cream of)

3 to 4 leeks (about 1 lb. after trimming)
Piece carrot, grated
1 quart white stock or milk and water
Seasoning
Little cinnamon (optional)
Bacon rind
1 oz. flour
2 oz. grated cheese

Time · about 30 minutes. Temperature low

METHOD · Well wash and chop the leeks Then place in colander and allow cold water to run over them for a few minutes

Grate the piece of carrot Heat the stock or milk and water in a saucepan and add the drained leeks, grated carrot, salt, pepper, cinnamon (if used)



Herb Cream Soup

and bacon rind. Cover and leave to cook until the leeks are tender—about twenty minutes

Blend the flour with a little cold water to a paste. Add some of the hot leek stock and return the mixture to the saucepan Stir until it boils again Put the grated cheese in soup plates or cups and pour the soup over it. Take out bacon rind before serving. (*For 4–6 persons.*)

Lentils (Cream of)

4 oz. lentils	**1½ pints stock or water**
1 oz. margarine or dripping	**1 rounded teaspoonful cornflour**
Little onion and carrot	**Seasoning**
Bacon rind or bits (optional)	**¼ pint milk**

2 tablespoonfuls cream (optional)

Time. about 2½ hours Temperature: low

METHOD: Wash the lentils and soak in water overnight. Drain the lentils Melt fat in saucepan, add lentils and chopped onion and carrot Stir for a few minutes Add bacon rinds or bits, if any. Add water or stock, and cover with a lid. Boil gently until lentils are tender—at least two hours

Rub contents of pan through sieve and return to saucepan Reheat, then add blended cornflour, stirring well Only now taste for seasoning (lentils



Mushroom Cream Soup

will not become really soft if cooked with salt). Stir in milk and cream, if used, and make piping hot without boiling again.

To serve for a special occasion, prepare fried bacon (chopped small) and tiny bread dice Mix and sprinkle over each plate (*For 4–6 persons*)

Mushrooms (Cream of)

½ to ¾ lb mushrooms
1 oz. butter or margarine
1½ pints stock
1½ oz flour
¼ pint milk
Seasoning

Time. about 30 minutes. Temperature· low

METHOD : Wash the mushrooms, but do not peel Where necessary slice off the very bottom of stalks Slice the mushrooms finely and then chop. Melt the butter or margarine in a saucepan Add the mushrooms and some of the stock—just enough for the mushrooms to swim comfortably. Cover with a lid and leave to simmer for ten to fifteen minutes

Stir flour to a smooth paste with the cold milk Add mushrooms, with their juice, to the remaining stock Bring to the boil and pour over the stirred flour. Return to the pan and add seasonings. Boil gently for four or five minutes, stirring occasionally. Taste for seasoning (*For 4–6 persons*)

Parsnips (Cream of)

4 medium-size parsnips
Water and/or stock
2 oz flour
Milk
Seasoning
2 tablespoonfuls grated cheese

Time about 45 minutes Temperature low

METHOD : Scrub the parsnips and cut off the bad parts Grate the parsnips into a saucepan and add sufficient boiling water to cover. Put on the lid and boil until parsnips are really soft. Put contents of pan through sieve Measure purée and add water (or stock) to bring it to barely half a pint per person

Blend flour with a little cold milk to a smooth paste Pour boiling vegetable stock into the flour, stirring Return to the pan and add seasoning to taste Stir until boiling Add grated cheese just before serving (*For 4–6 persons*)

Pea-pods (Cream of)

Pea-pods
Water
Flour
Milk
Little margarine
Salt, pepper and nutmeg

Time. about 45 minutes Temperature low

METHOD · Wash the pea-pods Chop them roughly and put into a saucepan. Well cover with boiling water and cook until fairly soft—at least half an hour. Rub through sieve. If you have more than you need, leave to stand and

carefully pour off any surplus liquor. Now measure remaining stock. You should have a breakfastcupful to each person For example, if you have one and a half pints of stock you will probably need half a pint of milk. You need one teaspoonful of flour per person Stir this with the cold milk. Add some of the hot stock and then turn it into remaining stock.

Put altogether into the saucepan and add the margarine, about one teaspoonful per person Season with salt, pepper and a little nutmeg Stir until it boils. Simmer over a low flame for five to six minutes

Potato (Cream of)

1½ lb. potatoes
1 onion
1 oz. fat—butter or margarine
2 pints stock or water
Mixed herbs (optional)
1 teaspoonful cornflour
¼ pint milk

Time about 30 minutes Temperature: low

METHOD · Peel potatoes and onion and chop small. Melt the fat—butter or margarine—in a saucepan. Add the vegetables and stir for a few minutes over a low flame. Add the stock or water and a pinch of mixed herbs if liked, cover with a lid and boil until the vegetables are soft Rub it all through a sieve Return to the saucepan and bring to the boil. Stir in cornflour blended to a cream with a tablespoonful of the milk Cook and stir for a few minutes, then taste for seasoning and add remainder of milk.

If you wish, serve with fried bread dice, or sprinkle with a few cornflakes A shake of paprika is a very attractive garnish to a pale-coloured cream soup. (*For 4–6 persons*)

Spinach (Cream of)

1½ lb. spinach
Water
Salt
1 oz. butter or margarine
1 oz. flour
1 breakfastcupful milk
Nutmeg (optional)

Time · about 15 minutes. Temperature · moderate

METHOD Pick spinach, but do not remove fresh, crisp stems. Wash repeatedly Into a saucepan large enough to hold all the spinach, put a layer of spinach and sprinkle very lightly with salt As you take spinach out of water in which it was washed, you will have enough water in the saucepan to start the cooking Put in another layer of spinach. Carry on until all the spinach is in the saucepan, cover with lid and start cooking the spinach After a few minutes it has rendered juice Quickly turn the leaves with a wooden spoon If you do this over a high flame you will soon find the leaves covered by juice Cover with a lid and leave to boil briskly for five minutes Strain and rub the spinach through a sieve.

Melt the butter or margarine in a saucepan, add the flour, and stir for a minute or two. Gradually add the cold milk, stirring strongly. Add spinach water, but not more than half a cupful per person (Should you have too much spinach water, keep this for another time, or add it to ordinary vegetable stock) Make up missing amount with water Add spinach and stir briskly to blend well If you wish, add a little grated nutmeg Season to taste (*For 4–6 persons.*)

Tomatoes (Cream of)

2 lb. tomatoes
1 small onion (optional)
1 oz. butter or margarine
Salt, pepper, sugar, vinegar
1 tablespoonful flour
Water, milk

Time about 30 minutes Temperature: low

METHOD Clean the tomatoes and chop them into a dry saucepan. Chop as small as possible, letting juice drop into the pan Add onion slices, if any. Cover with lid and simmer gently until thoroughly pulped Rub well through sieve. Measure the tomato pulp. Add enough water to bring it up to half a pint per person Return this to the pan Add the butter (or margarine) and salt and pepper to taste. Stir in a teaspoonful each of sugar and vinegar. Bring to the boil

Stir the flour with very little cold milk to a smooth paste Pour boiling tomato stock on to the paste, stirring briskly Return mixture to saucepan and cook gently for at least seven minutes, stirring frequently. Taste for seasoning (*For 4–6 persons*)

Vegetables (Cream of)

1½ oz. butter, margarine, or 1 oz. dripping
1½ lb. prepared mixed vegetables (carrots, turnip, green peas, onions and potatoes)
1½ pints stock or water
Seasoning
2 tablespoonfuls flour
½ pint milk
1 tablespoonful chopped parsley

Time: about 45 minutes. Temperature: moderate

METHOD · Melt the fat in a saucepan, then add diced (or otherwise prepared) vegetables. Fry over moderate heat for five or six minutes, stirring frequently, then cover the pan and continue cooking for a further ten minutes, with an occasional shake or stir, to prevent sticking. Then add the stock or water, with seasoning to taste, cover again and cook until the vegetables are quite soft. Blend the flour with a little milk to a smooth cream Remove a tablespoonful of the cooked vegetables for a garnish. Stir in the blended flour and cook together for five minutes Then rub through sieve, returning resulting purée to the pan. Add remaining milk and parsley, and bring slowly to the boil Serve each portion with some of the unsieved vegetables for garnish (*For 4–6 persons.*)

Clear Soups

Clear Soup (Household Type)

Good meat stock **Gravy browning** **Seasoning**

Time: 10–15 minutes. Temperature: moderate

METHOD Measure the necessary amount of meat stock into a saucepan. Add a little gravy browning, just enough to give a nice, strong darkish colour. Add salt and pepper to taste, bring to the boil and serve at once.

Green Soup

4 cupfuls vegetable stock, preferably including spinach water
Nutmeg (optional)
4 tablespoonfuls finely shredded raw spinach
A little chopped parsley (optional)
Seasoning

Time about 15 minutes. Temperature: moderate

METHOD: Heat the vegetable stock. A little grated nutmeg can be added if liked Shred the spinach and chop the parsley, if any.

Directly before serving bring the stock to the boil, and throw in the shredded greenstuff. Bring once more just to the boil, taste for seasoning, and pour into the tureen or serving dishes (*For 4 persons.*)

Julienne Soup

1 breakfastcupful vegetables cut into strip "matches"
1½ pints clear stock

Time: about 25 minutes. Temperature: moderate

METHOD: Cook a good mixture of the prepared vegetables Add these to the seasoned stock. Reheat quickly and serve Do not use any potatoes (*For 4–6 persons*)

Mimosa Soup

2 eggs
Parsley
1½ pints vegetable stock
Seasoning
Nutmeg (optional)

Time. about 25 minutes. Temperature moderate

METHOD: Poach the *yolks* only of two eggs (Whites can be used for a meringue sweet) Rub them through a sieve. Do not touch them after you have rubbed them through a sieve, but leave this "egg rice" to dry out later.

Chop the parsley finely—the quantity when chopped should be about one tablespoonful.

Shortly before serving, heat the vegetable stock and taste for seasoning. Use salt, pepper and, if you wish, a little nutmeg. Pour boiling hot into the serving plates, and then sprinkle each plate with the "egg rice" and parsley. *(For 4–6 persons.)*

Mixed Vegetable Broth

1 breakfastcupful macedoine of vegetables
Seasoning
1½ pints stock

Time: about 20 minutes Temperature: moderate

METHOD: Heat the macedoine (diced, mixed cooked vegetables) in a basin in steam or boiling water. Season the stock to taste. Before serving, bring the stock to the boil. Add the macedoine and serve at once. *(For 4 persons.)*

Mock Turtle Soup

1 level tablespoonful cornflour
1½ pints very good, strong meat stock (if possible, the broth from cooking a calf's head)
1 tablespoonful red or black-currant or apple jelly (preserve)
Seasoning
Browning (optional)

Time: about 25 minutes. Temperature: moderate

METHOD: Stir the cornflour with an equal amount of cold water, i.e. a spoonful of cornflour to a spoonful of water. Heat the stock and dissolve the jelly in it. Taste for pepper and salt. When it boils, pour it on to the stirred cornflour. Return to the pan and bring once more to the boil, stirring gently. You may care to add a few drops of browning *(For 4 persons.)*

Sago Soup

1 oz. sago
1¼ pints of good stock, any kind
Seasoning

Time. about 20–30 minutes. Temperature: low

METHOD: Wash the sago. Drop it into the boiling stock and cook gently until it is soft and transparent. Add pepper and salt to taste. *(For 4 persons)*

Spring Soup

1 breakfastcupful cooked fresh green peas
2 sprigs mint or 1 tablespoonful sliced cooked carrots
1½ pints vegetable stock
Seasoning
Nutmeg (optional)

Time: about 30 minutes. Temperature: moderate

METHOD: Add the vegetables to the boiling hot stock and reheat quickly. Taste for seasoning. If you have used sliced cooked carrots instead of mint

you may care to add a little grated nutmeg if the family like the flavour of this.

Chop the mint if it is to be served in the soup. If a sprig is left whole it should be removed before serving. (*For 4 persons.*)

Vermicelli Soup (Fine Noodles)

Fine noodles or vermicelli (choose preferably noodles as fine as thin string when raw. Use vermicelli only if you cannot get these)
Alternatively, 2 rounded tablespoonfuls flour, plus 1 egg
2 pints clear stock
Seasoning

Time: about 30 minutes. Temperature: moderate

METHOD: Cook the bought fine noodles (or vermicelli) in boiling salted water for about ten minutes. Strain through a sieve and rinse well with cold water. Put the noodles into the boiling clear stock to reheat quickly, season to taste Do not leave to stand for long.

Alternatively, make your own fine noodles Stir the flour with the beaten egg. Add seasoning and enough cold water to make a dry dough. Roll out very thinly and cut into narrow strips Leave these to dry overnight. Next day use as vermicelli or bought noodles. (*For 4–6 persons.*)

Thick Soups

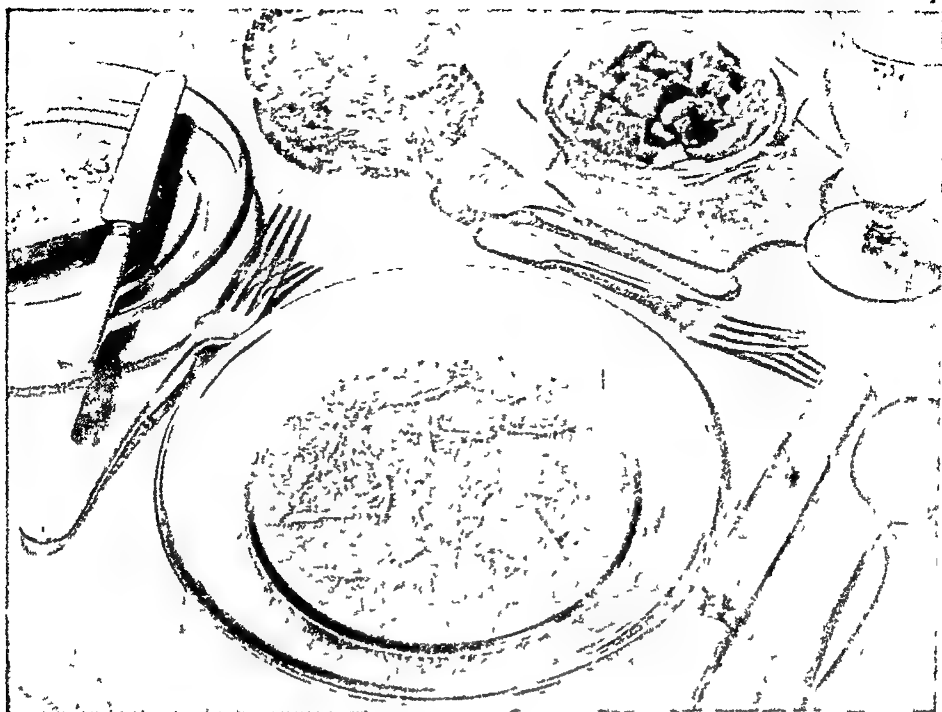
Beetroot Bortsch

½ small duck, or duck carcase
½ lb. breast of beef
1 onion
1 celery stick
¼ cabbage or 3 sprouts
4 mushrooms
A little fat
3 pints good stock
1 small beetroot
Parsley, marjoram, bayleaf, and 1 clove
Seasoning
3 teaspoonfuls cornflour
1 tablespoonful sour cream

Time: about 1½ hours. Temperature: moderate to low

METHOD: Roast the duck until three parts cooked. Slightly broil the breast of beef. Shred the vegetables and fry them in a little fat until they are a nice light colour. Stir in the stock and shredded beetroot. Add the duck, beef and herbs (tied together for easy removal later), cover and boil gently until the duck and beef are well cooked. Take the meat out of the soup and dice finely. Remove herbs and season to taste with pepper and salt. Stir in cornflour blended to a cream with a little water. Bring to the boil and simmer for a few minutes.

Add sour cream and the pieces of duck and beef to the soup before serving. (*For 6 persons.*)



Carrot Soup

Carrot Soup

1 quart brown stock, made with meat or chicken bones
Salt and pepper
½ lb. carrots
1 large onion
1 oz. butter or margarine
1 oz. flour
1 tablespoonful tomato ketchup

Time: about 30 minutes. Temperature: low

METHOD: Season the stock with salt and pepper. Scrape the carrots, peel the onion. Cut them in shreds with a vegetable cutter, put them into the stock and simmer until the vegetables are quite tender. Cream the butter, mix the flour with it to a smooth paste and put in the stock, add the ketchup, simmer ten minutes and serve. A little carrot may be grated on top if liked. *(For 4-6 persons.)*

Giblet Soup

2 sets duck or game giblets
2 onions
Piece of celery
1 carrot
Bouquet garni (or mixed dried herbs)
5 peppercorns
2½ pints stock
2 oz. butter or margarine
¾ oz. fine oatmeal
Salt

Time: about 2¾ hours. Temperature: low

METHOD: Put the cleaned giblets into a saucepan and cover them with cold water. Bring to the boil. Take the giblets out and cut in pieces. Put them into a saucepan with the vegetables (cut up), the bouquet garni, peppercorns and stock. Bring to the boil and simmer gently for two hours. Strain the stock and cut some of the giblets into neat pieces.

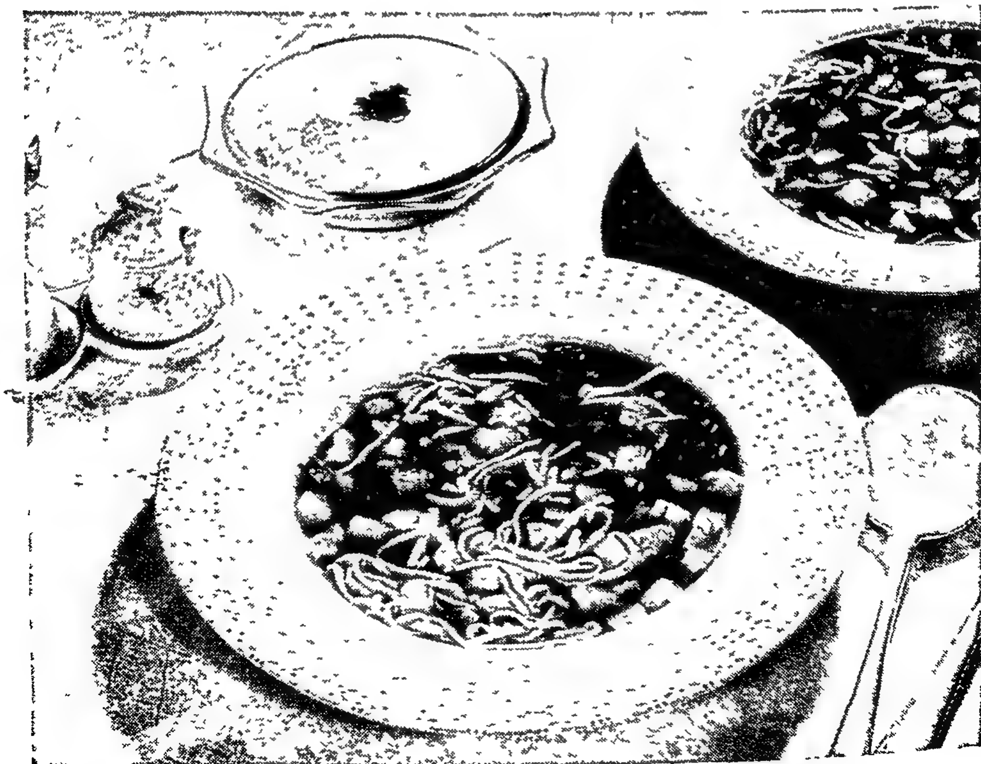
Melt the butter in a saucepan, stir in the oatmeal and add the stock. Bring to the boil and simmer gently for half an hour. Salt to taste and add the giblets. Cook for a further ten minutes. (*For 4–6 persons.*)

Haricot Bean Soup

¼ lb. haricot beans
1 oz. dripping
1 stick celery
½ turnip
1 onion
2 pints water, meat stock or household stock
Seasoning
3 teaspoonfuls flour
About ¼ pint milk

Time: about 3¼ hours. Temperature: low

METHOD: Wash the beans and soak them overnight in cold water. Pour off the water and rinse the beans. Melt the fat in a saucepan Add the beans and other vegetables (cut up), and toss in the melted dripping until it is all absorbed. Add the stock or water and a little pepper. Bring to the boil and



Minestrone Soup

simmer for two and a half to three hours, stirring frequently When cooked, pass through a sieve Blend the flour with the milk, add to the soup, and stir until boiling. Add salt to taste (*For 4 persons*)

Kidney Soup

4 oz. shin of beef
2 sheep's kidneys
1 onion
Parsley
1 oz butter or margarine
1½ pints brown stock
1 tablespoonful rice or fine oatmeal
Seasoning

Time · about 45 minutes Temperature moderate

METHOD · Cut the beef and kidneys into small pieces Chop the onion and parsley Melt the butter in a saucepan, put in the kidneys, beef and vegetables, and cook them for ten minutes Pour off the fat Add the stock and the rice Boil until tender and then strain Finely mince the meat and rice and stir into the stock Season. Return to the saucepan Reheat, but do not let it boil. (*For 4 persons*)

Lentil Soup

¼ lb. Egyptian lentils
½ carrot, ½ turnip, 1 onion
1 stick celery
1 oz. dripping
1½ pints stock or water
Seasoning
1 tablespoonful flour
½ pint milk

Time about 3¼ hours Temperature low

METHOD · Clean the lentils Prepare the vegetables and cut into slices Melt the dripping in a saucepan and add all the vegetables. Shake the pan so that the fat is all absorbed by the vegetables Pour in the stock or water Season and bring to the boil Turn the flame low and allow to simmer for two and a half to three hours, stirring frequently

When quite cooked, pass the soup through a sieve Return liquid to the saucepan Add flour blended with the milk, and stir until boiling. Cook for two or three minutes, then serve (*For 4 persons*)

Minestrone Soup

1 or 2 rashers bacon, chopped
Small clove garlic (optional)
1 or 2 chopped onions
1 teacupful each diced carrots, chopped celery, diced potatoes
Portion of cabbage, shredded
1 ham bone (or ½ lb. bacon bones)
2½ pints stock or water
Small bouquet garni (or 1 tablespoonful chopped parsley)
Pepper and salt
1 tablespoonful rice, spaghetti or macaroni
1 or 2 tablespoonfuls tomato ketchup
2 or 3 oz. grated cheese (Parmesan preferably)

Time: about 1½ hours Temperature low

METHOD: Trim the fat from the bacon and chop. Fry the scraps in a pan until dripping runs freely. In this fry the chopped or grated garlic and onions, until lightly browned. Add prepared vegetables, bones, herbs and stock. Add pepper and salt to taste. Cover pan and bring slowly to the boil. Add lean bacon and rice (using more, if liked), cover again, and cook gently until all the ingredients are tender and much of the liquid absorbed. When ready to serve remove bones, taste for seasoning, adjusting as necessary, and stir in the tomato ketchup. Serve grated cheese separately. (*For 4–6 persons*)

Mulligatawny Soup

2 onions
2 carrots
2 tomatoes
1 apple
2 oz. butter, margarine or dripping
2 tablespoonfuls flour
1 teaspoonful curry powder
1 teaspoonful curry paste
1 quart stock
Bouquet garni (or mixed herbs)
1 teaspoonful chutney
4 peppercorns
Salt
Boiled rice

Time: about 1½ hours. Temperature: low

METHOD: Slice the onions and carrots. Cut the tomatoes in halves Peel, core and quarter the apple. Melt the butter and fry the onions and carrots in it until brown

Mix together the flour, curry powder and paste, stir them into the butter and fry for a few minutes Moisten with the stock and stir until it boils Add the herbs (tied in muslin), chutney and tomatoes cut in halves, and the apple, peeled, cored and cut in quarters; also the peppercorns and salt Simmer gently for one hour. Pass through a sieve and return to the saucepan to reheat. Season to taste. Plain boiled rice is served separately with this soup. (*For 4–6 persons*)

Onion Soup

1½ lb. onions (or spring onions with their green)
2 pints stock or water
Pinch cinnamon
1 rounded tablespoonful flour
¼ pint milk
Seasoning
1 level tablespoonful grated cheese (preferably grated Parmesan)

Time: about 30 minutes. Temperature: low

METHOD: Peel the onions and slice finely. Cook in the stock with the cinnamon until tender. Rub through sieve and return to the saucepan in which the flour has been blended smoothly with a little milk. Season and stir until the mixture boils. Add milk and grated cheese just before serving. (*For 4–6 persons.*)

Oxtail Soup

$\frac{1}{2}$ oxtail
2 oz. dripping
1 onion
3 pints water
Salt
1 carrot
$\frac{1}{2}$ turnip
Bunch of herbs (thyme, marjoram, parsley, bayleaf, a blade of mace)
$\frac{1}{4}$ teaspoonful black peppercorns
Flour to thicken

Time· about $4\frac{1}{2}$ hours Temperature low

METHOD· Wash and disjoint the tail Make the dripping smoking hot and fry the pieces of tail until brown Fry the onion Add the water and salt Bring slowly to the boil and simmer for three hours Dice the carrot and turnip and add to the soup with the herbs and peppercorns Simmer for another hour Strain through sieve and return to the pan Measure the liquid and allow for thickening one and a half ounces of flour to each quart. Mix the flour to a smooth paste with a little cold stock or water, add to the soup and cook for ten minutes

The meat can be served as a separate stew, or diced and added to the soup (*For 4–6 persons*)

Parmentier Soup

Potatoes
Good stock
Mixed herbs
Seasoning
Butter or margarine
Little milk (optional)
Croûtons

Time· about 30 minutes Temperature· low

METHOD This is one of the simplest soups to make The success depends more upon your tasting than on the adherence to *exact measurements*

Have mashed potatoes, preferably fresh boiled Mix them with enough stock to make a creamy thick consistency Sieve Add mixed herbs and seasonings, and bring once more to the boil, stirring Lastly, add the fat and, if you wish, a dash of milk Serve with fried croûtons

Potato Soup

2 lb. potatoes
2 or 3 sticks celery
1 onion
1 oz butter or margarine
1 quart water, meat stock or household stock
Seasoning
$\frac{1}{2}$ tablespoonful flour
$\frac{1}{2}$ pint milk

Time· about $1\frac{3}{4}$ hours Temperature· low

METHOD Prepare and slice the vegetables, and toss them in the melted fat Add the stock, pepper and salt, and bring to the boil Simmer for one and a half

hours Rub through sieve. Return to the saucepan and add the flour, blended to a cream with the milk. Stir until boiling. Cook for two or three minutes before serving (*For 4–6 persons.*)

Queen's Soup

1 small rabbit (or chicken)
3 pints water
Salt
1 onion and 1 stick celery
½ teaspoonful peppercorns
Blade of mace

To thicken 1 quart liquor:

1½ oz. butter or margarine
2 oz. flour
Parsley
¼ pint milk
4 tablespoonfuls cream or top of the milk (optional)
1 egg yolk

Time. about 3¼ hours. Temperature low

METHOD · Wash and joint rabbit or bird Put into a pan, cover with cold water and bring to the boil Pour off water Put the pieces of meat back into the saucepan and add three pints water and a little salt (The best pieces of meat may be reserved for another dish.) Bring slowly to the boil, and skim Add the vegetables, peppercorns and mace. Simmer for two or three hours. Strain and measure the liquor Melt the butter, stir in the flour and cook for a few minutes Add the stock gradually and boil for five minutes Add the parsley.

Beat the egg, add to the milk and cream (if used) and strain into the soup Stir over gentle heat until the egg is cooked Do not let it boil (*For 4–6 persons*)

Rice Soup

1½ pints chicken or mutton stock
1½ oz. rice
3 leeks
1 teaspoonful cornflour
½ pint milk
Seasoning
1 tablespoonful chopped parsley

Time about 45 minutes Temperature low

METHOD Put the stock into a deep pan and bring to boiling point Wash the rice and add it to the stock Wash and slice the leeks and add Simmer the soup until rice and leeks are cooked—about half an hour. Blend cornflour with milk and stir into the soup. Taste for seasoning and bring again to the boil Simmer for a further few minutes, then sprinkle with chopped parsley. (*For 4–6 persons.*)

Scotch Broth

1 lb. neck of mutton
2 pints cold water
Seasoning
1 tablespoonful barley
1½ breakfastcupfuls chopped vegetables (carrot, turnip, leek)
1 breakfastcupful shredded cabbage
1 tablespoonful chopped parsley

Time: about 2½ hours Temperature: moderate to low

METHOD. Put the meat into a pan with the cold water. Add a little salt and the barley. Bring to the boil and skim. Add some pepper, cover again and simmer one and a half hours. Add the vegetables and continue simmering for a further hour. When cooked, lift the meat out. Add the chopped parsley, boil up and serve. (*For 4 persons.*)

Note. If the meat is to be served as a separate course, cook slices of carrot and turnip in the broth. Serve the meat with the vegetables, with some of the liquor poured over.

Vegetable Soup (Brown)

½ pint prepared mixed vegetables
½ oz. butter or margarine
1½ pints brown stock
Seasoning
1 oz. flour
A little stock or meat extract

Time: about 45 minutes. Temperature: low

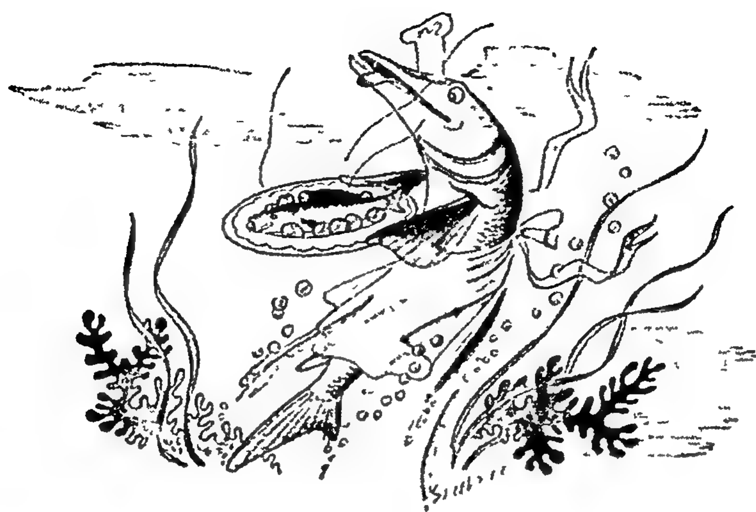
METHOD. Prepare the vegetables and fry in the melted fat for five minutes. Add the stock and seasoning. Simmer gently until vegetables are tender. Blend the flour with cold stock to a smooth paste. Add to the soup and cook for five minutes. (*For 4–6 persons.*)

Vegetable Soup (White)

½ pint vegetables cut in strips (carrot, turnip, leek, celery)
About ½ oz. butter or margarine
1½ pints boiling white stock
1 oz. flour
¼ pint milk
1 egg yolk
1 tablespoonful cream or top of the milk (optional)
Seasoning

Time: about 45 minutes. Temperature: low

METHOD. Prepare vegetables and toss in melted butter or margarine for five minutes. Add the boiling white stock and seasoning to taste. Continue boiling gently until the vegetables are tender. Mix the flour smooth with the milk and stir into the soup. Cook together for five minutes. Then cool a little. Add the egg yolk and cream mixed together, reheat without boiling, and serve at once. (*For 4–6 persons.*)



Fish

IT WOULD be advisable for the inexperienced cook to study the basic rules of buying, cleaning and cooking fish before tackling the varied assortment of recipes which follow. This will be found on page 79 of the Principles of Cookery. A well-cooked fish dish makes an excellent meal. Certain types of fish, such as mackerel, cod and herrings, are both cheap and plentiful during the season. To a great extent, fish dishes rely upon the way they are cooked to make them appetizing.

As many fish dishes depend on a good sauce to make them really interesting, the section dealing with Sauces, page 168, will also repay study. The cheaper varieties of fish, such as cod or hake, can be disguised quite effectively by being coated or served with a tasty sauce. There are many good sauce recipes in this book which any housewife could make with confidence once she has grasped the fundamentals of sauce-making. Following is a list of some of the many sauces and other garnishes suitable for fish.

SOME SUITABLE SAUCES FOR FISH

MUSTARD	LOBSTER	CREOLE
WHITE	OYSTER	FINE HERB
CARDINAL	LYONNAISE	ESPAGNOLE
TARTARE	ADMIRAL	EPICURE
NORMANDY	BEARNAISE	GOOSEBERRY
ANCHOVY	CUCUMBER	MORNAY
DIPLOMAT	WHITE MUSHROOM	SAILOR

SOME SUITABLE BUTTERS FOR FISH

ANCHOVY
GREEN HERB
LOBSTER
HORSERADISH

SOME SUITABLE STUFFINGS FOR FISH

SAGE AND ONION
MUSHROOM
HERB FORCEMEAT
WHITING FORCEMEAT

Bass

A rather more uncommon fish of quite good flavour—should be cooked in the same way as cod

Bloaters (Grilled)

4 bloaters
1 oz. butter or margarine

Time. about 10 minutes Temperature· hot

METHOD: Wash and clean the fish thoroughly If the fish is very salt, soak it in hot water first Brush with melted butter or margarine. Grease a grid-iron and lay the fish on it Put under a hot grill and brown on one side Then turn over and brown the other side Place on a hot dish to serve. (*For 4 persons.*)

Bloater Roes

1 lb bloater roes
Cayenne
Fat for frying
Watercress to garnish

For batter

2 oz flour
Pinch salt
1 white of egg
4 to 5 tablespoonfuls water

Time· about 5 minutes. Temperature· hot

METHOD. Wash and dry the roes and dust a little cayenne pepper over them Put the flour in a basin with the salt Make a well in the centre and pour in the egg Add the water gradually, stirring the flour in from the sides. Beat well and allow to stand for a time

Dip the roes in the batter and fry in deep fat until they are crisp and a golden brown

Garnish with watercress (*For 4 persons.*)

Brill (Boiled)

Small brill (sufficient for 4 portions)
Vinegar or lemon juice
Salt

Time: 20–30 minutes. Temperature: low

METHOD. Clean the fish, cut off the fins. Rub it over with lemon juice or vinegar and a little salt. Put it in a pan with enough water to barely cover it and add one level teaspoonful of salt to each pint of water. Add a little vinegar. Bring it just to the boil and continue to simmer gently until the fish is done, twenty to thirty minutes, according to thickness (*For 4 persons.*)

Brill (Devilled)

1¼ lb. brill
1 oz. margarine
1 small onion
2 tablespoonfuls boiled rice
1 tablespoonful chutney
2 tablespoonfuls stewed apple
Seasoning
1 tablespoonful fine breadcrumbs

Time: 20 minutes. Temperature: Regulo Mark 3; electricity, 325° F.; solid fuel, moderate; oil, moderate

METHOD: Fillet and skin the fish. Grease a fireproof dish, put in the fish with the onion finely chopped, cover with greased paper and cook for ten minutes in a moderate oven Remove fish from the oven and divide it into flakes Mix in the rice and the chutney. Beat the apple until smooth and stir it in, season with salt and pepper Sprinkle the breadcrumbs on the top and dot with margarine Bake for ten minutes in a moderate over. (*For 4 persons*)

Brown Fish Stew

1 level tablespoonful of fat (margarine or dripping)
1 rounded tablespoonful flour
½ pint fish stock, or water
1 tomato
Seasoning
1½ lb. cod

Time. about 40 minutes. Temperature: Regulo Mark 4; electricity, 350° F, solid fuel, moderate; oil, moderate

METHOD: Melt the fat in a saucepan Add the flour and stir until it is slightly brown. Gradually add the liquid and sliced tomato, stir until boiling Cook gently until the sauce has the consistency you wish. It should be rather thick, as fish renders its own juice.

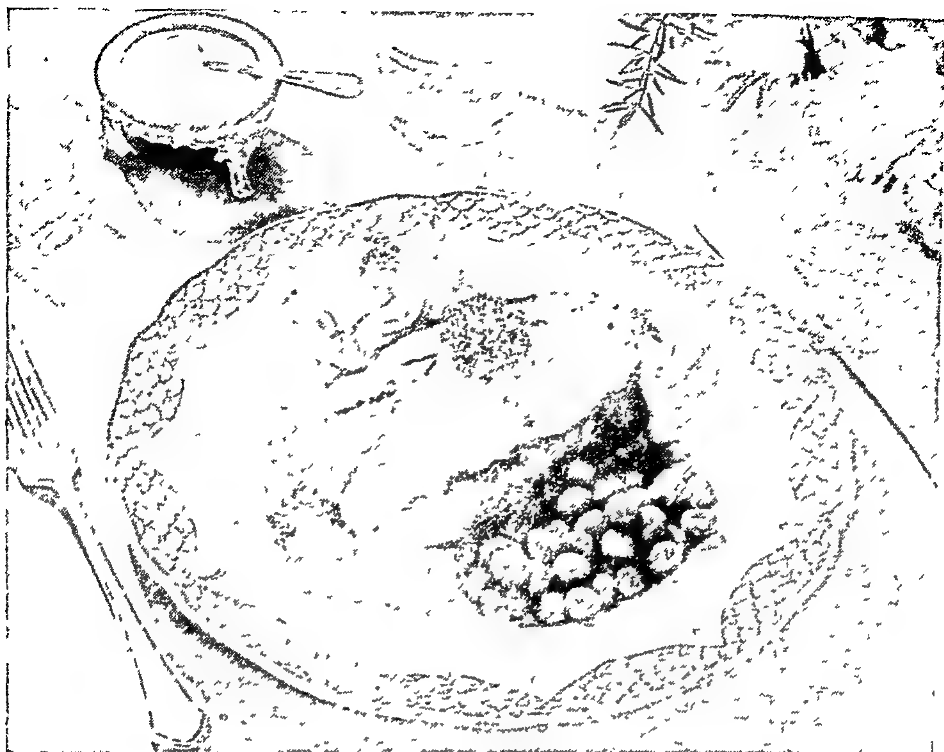
Season the sauce rather strongly Put half the sauce into a greased fireproof dish Place the seasoned portions of cod into this. Cover the fish with the rest of the sauce Cook slowly, covered with a lid, for about thirty minutes until the fish is done. (*For 4 persons.*)

Cod (Baked)

1½ lb. cod steaks
Seasoning
Lemon juice
Parsley sauce (page 370)

Time: about 30 minutes Temperature: Regulo Mark 4; electricity, 350° F, solid fuel, moderate, oil, moderate

METHOD: Wash the fish Sprinkle with salt, pepper and lemon juice, and



A Cod steak with vegetables

place in a greased tin Cover with greased paper, the greased side next to the fish Cook for thirty minutes in a moderate oven.

Arrange the fish on a hot dish and pour the parsley sauce over. Serve immediately (*For 4 persons*)

Cod (Baked and Stuffed)

Piece of tail end of cod (about 2 lb.)
Rind and juice ½ lemon
Seasoning
3 oz. breadcrumbs
1 oz suet or melted margarine
1 egg
1 dessertspoonful chopped parsley
1½ oz. dripping

Time: about 45 minutes Temperature Regulo Mark 4, electricity, 350° F.; solid fuel, moderate, oil, moderate

METHOD: Remove bone from the fish, open it and sprinkle with a little lemon juice, adding salt and pepper to taste Put the breadcrumbs in a bowl with the shredded suet or melted margarine, chopped parsley, lemon flavouring and salt and pepper Bind with the egg, adding extra breadcrumbs if the mixture seems too moist

Spread the stuffing on one side of the fish and then place the other piece over it

Heat the dripping in a baking tin and put the fish in, covered with greased paper. Bake for thirty to forty-five minutes (depending on thickness of fish) in a moderate oven.

Serve any sauce liked separately. (*For 4 persons.*)

Cod (Curried)

1 oz. butter or margarine
1 tablespoonful of flour
1 teaspoonful curry powder
1 teaspoonful chutney
1 medium-sized onion
½ pint stock or water
Salt
Lemon juice
1¼ lb. cod

Time: about an hour. Temperature: low

METHOD Melt the butter or margarine, add the flour, curry powder, chutney, and the onion, finely chopped Cook for two minutes, then add the stock and stir until it boils. Add the salt and lemon juice and simmer gently for twenty minutes

Flake the cod and add it to the curry sauce Simmer gently for thirty minutes to allow the flavour to permeate the fish, stirring frequently. May be served with boiled rice (*For 4 persons*)

Cod Fishcakes

1 lb. cold cooked cod
8 oz. dry mashed potato
2 tablespoonfuls cold white sauce or milk
Seasoning
A teaspoonful chopped parsley
1 oz. melted margarine
Flour
1 egg
3 tablespoonfuls breadcrumbs
Frying fat
1 dessertspoonful of tomato sauce, or thick bottled sauce

Time about 15 minutes. Temperature moderate

METHOD · Flake the fish and remove all bones and skin. Mash the potatoes. Put the potatoes and fish into a bowl and mix with the cold white sauce or milk, pepper and salt, parsley, bottled sauce, and melted margarine. Shape into cakes, dip in flour, brush with egg and toss in breadcrumbs. Heat a little fat in a pan and, when smoking hot, fry the cakes on both sides until golden brown.

Drain and serve a savoury sauce separately. (*For 4 persons.*)

Cod (Kedgeree)

½ lb. cooked rice
1½ lb. cooked cod
1 hard-boiled egg
1 oz. butter or margarine
Cayenne pepper, salt and nutmeg

Time· 20–30 minutes Temperature: moderate

METHOD: Wash, boil and dry the rice, as page 171, Principles of Cookery. Remove skin and bones from the fish and chop roughly.

Separate the white from the yolk of the egg. Chop the white roughly and sieve the yolk. Melt the butter or margarine in a saucepan Add the rice, fish and white of egg. When thoroughly heated, season with cayenne pepper, nutmeg and salt Pile on a hot dish and trim with the sieved egg yolk

Alternatively, you can sprinkle the dish with chopped hard-boiled egg, omitting the white (*For 4 persons*)

Cod (Milan Cutlets)

2 lb. cod, middle cut
Seasoning
Breadcrumbs, or bought fish dressing
2 oz grated cheese
2 oz. butter or margarine
Lemon

Time: about 15 minutes Temperature: Regulo Mark 4; electricity, 350° F; solid fuel, moderate; oil, moderate

METHOD: Grease a fireproof dish Cut the cod into four slices and put them in a dish. Season with pepper and salt, and sprinkle thickly with crumbs or dressing, and the grated cheese. Dot all over with the butter or margarine Bake in a moderate oven until done—about fifteen minutes Serve with cut lemon (*For 4 persons*)

Cod Pilau

2 oz. butter or margarine
1 onion
6 oz. rice
½ teaspoonful cinnamon, or more to taste
1½ pints stock
Salt
1½ lb. cod

Time: about 30 minutes. Temperature. Regulo Mark 6, electricity, 400° F.; solid fuel, moderately hot, oil, moderately hot

METHOD Use a double saucepan, or one that fits into another container, with boiling water Melt the butter or margarine in a saucepan and fry the chopped onion in it to a pale colour Add the rice, cinnamon and stock. Season with salt and simmer for ten minutes Cut the fish into neat pieces, lay them on top of the rice and steam until the fish is cooked and the stock absorbed.

If you wish, put the pre-cooked rice into a fireproof serving dish, add fish, and steam, covered, in a tin with hot water in a moderately hot oven. (*For 4 persons*)

Cod's Roe (Fried)

1 lb. cod's roe
Flour
Salt and pepper
1 egg
Breadcrumbs
Frying fat

Time: about 30 minutes Temperature: moderate

METHOD Boil the roe for about fifteen minutes. Drain and cut into slices. When cold, dip in seasoned flour, brush with beaten egg, roll in breadcrumbs and fry until nicely browned. (*For 4 persons.*)

Cod Soufflé

1 oz. butter or margarine

1 oz. flour	**Seasoning**
¼ pint fish stock or milk	**Lemon juice or essence**
1 lb. cod	**4 tablespoonfuls cream or top milk**
2 eggs	

Time: about 1¼ hours. Temperature: moderate to low

METHOD Grease a mould Melt the butter or margarine in a pan, add the flour and gradually stir in the fish stock or milk. Bring to boil, stirring well Clean the fish, and scrape from the bone. Pound it with the sauce and the eggs Add seasoning and lemon juice or essence. If you wish, rub the mixture through a sieve. Stir in the cream, or top milk, and pour the mixture into the mould. Steam very gently until the soufflé is firm—about one to one and a quarter hours Turn out and serve with the fish stock sauce poured over, or hand separately (*For 3–4 persons*)

N.B The soufflé will be improved by adding first the yolks of the eggs and lastly folding the well-beaten whites into the mixture.

Dabs

Dabs are similar in shape to plaice, but a much better flavour The small ones may be fried or grilled whole If the black skin is removed when filleting large dabs, you can cook them as you would soles.

They are good fried in egg and breadcrumbs and served with tartare sauce They are very moderate in price and any of the recipes for cooking the cheapest kinds of fish can be used for them.

Dory

An inexpensive and satisfying fish with flesh as firm as a turbot and of a delicious flavour It may be boiled and served with a good sauce, filleted and fried, or stuffed and baked. The dory possesses a very ugly head and that part is seldom sent to table

TO BOIL Clean and thoroughly wash the fish Remove the head, cut off the fins and rub the inside of the fish with salt Put it in a fish kettle with sufficient cold water to cover and a dessertspoonful of salt to a quart of water. Bring slowly to the boil, and simmer until sufficiently cooked Being a thick, solid fish, it will need from twenty to twenty-five minutes to cook according to thickness. Serve with a good sauce such as lobster, anchovy or shrimp Recipes for these can be found in the Sauce section, beginning on page 357.



Eels in Jelly

Eels (Boiled or Stewed)

2 lb. eels
1 tablespoonful flour
¼ pint cream or top milk or milk
1 dessertspoonful minced parsley
Salt and pepper
½ oz butter or margarine

Time. 20–30 minutes Temperature: low

METHOD · Skin, clean, and remove heads Cut into four-inch lengths Put them in a stewpan with enough cold water to cover them Bring to the boil and stew gently for twenty minutes, or longer, according to thickness Strain into a fresh saucepan about three-quarters of a pint of the eel liquor. Stir the flour smooth with the cream or top milk Stir this into the liquor and add the parsley and pepper and salt. Simmer gently until the sauce is nicely thickened Add the butter and stir until this has melted Drain the eels, arrange on a hot dish and pour the sauce over. (*For 4 persons*)

Eels (Jellied)

1½ lb. eels
Pepper and salt
1 medium-sized onion
2 cloves
1 bay leaf (optional)
1 dessertspoonful vinegar
1½ pints water
½ oz. powdered gelatine
1 egg (optional)
Parsley for garnish

Time: about 1½ hours Temperature: low

METHOD: Clean and skin the eels and put them in a stewpan with a good sprinkling of pepper and salt, the onion with the cloves stuck in it, bay leaf, vinegar and one and a half pints of cold water. Simmer until the eels are quite tender, then take out the bones and cut the eels into small pieces Strain the juice into a clean pan and boil it rapidly until it is clear, removing any scum as it rises. Put in the gelatine and stand it aside for a few minutes. Strain the liquor into a bowl.

Boil the egg for ten minutes and then plunge it into cold water. Shell and slice it. Arrange pieces of eel and egg attractively in a mould. Carefully pour in liquor, taking care not to disarrange contents. Put aside to set and then turn out and serve with parsley as garnish. (*For 4 persons.*)

Flounder

A flat fish very similar in appearance to plaice, but darker in colour. It may be cooked in the same way as plaice or sole.

Grayling

Found in rivers in the north of England. It may be baked, fried or grilled.

Gurnet

A round fish of firm flesh and good flavour. It may be boiled, stuffed and baked, or filleted and fried.

Gurnet Fillets

4 gurnets
A little flour
Egg
Breadcrumbs
Fat for frying
Any suitable fish sauce (optional)

Time: 15 minutes. Temperature: hot

METHOD: Fillet the gurnets and cut the fillets into neat pieces. Rub them over with a little flour, then dip in beaten egg and roll in breadcrumbs Fry them in hot fat on both sides until they are a good brown colour Drain on paper before serving with sauce if used. (*For 4 persons*)

Haddock (Baked)

1 large (or 2 small) fresh haddocks
1 onion
1 oz. oatmeal
¼ pint water
¼ pint milk
Seasoning
1 oz. butter or margarine

Time: about 40 minutes. Temperature: Regulo Mark 6; electricity, 400° F.; solid fuel, moderate; oil, moderate

METHOD: Butter a deep baking tin. Clean the fish and place it in the tin. Mince the onion finely and mix with the oatmeal, water and milk, stir until boiling. Cover the fish with this mixture. Sprinkle with salt and pepper and



BAKED COD STEAKS



FRIED WHITING



Fried Haddock

the butter or margarine, in small pieces Cover with another tin in order to keep the fish moist. Put in the oven and cook for half an hour. (*For 4 persons*)

Haddock (Baked and Stuffed)

1 tablespoonful chopped suet or melted margarine
2 tablespoonfuls breadcrumbs
1 teaspoonful chopped parsley
½ teaspoonful mixed herbs
Salt and pepper
½ lemon
1 egg
1 large (or 2 small) fresh haddock
Dripping
Anchovy sauce (page 357) (optional)

Time. 20–30 minutes Temperature: Regulo Mark 6; electricity, 400° F.; solid fuel, moderate; oil, moderate

METHOD Mix the suet, breadcrumbs, parsley and herbs together in a basin Season with pepper and salt Add the thinly chopped lemon rind and lemon juice, or commercially prepared lemon juice. Bind the mixture with beaten egg, taking care that it does not become too wet. Stuff the clean cavity of the haddock with this Sew up the slit and place the prepared fish in a baking tin with a little dripping Bake in the oven for twenty to thirty minutes Baste frequently to keep the fish moist.

Remove the string and place the fish on a hot serving dish If desired, serve anchovy sauce separately. (*For 4 persons*)

Haddock (Fried in Coating Batter)

4 small haddock	**Pepper and salt**
1 tablespoonful flour	**Breadcrumbs**
2 tablespoonfuls milk	**2 oz dripping (for frying)**

Parsley to garnish

Time: about 15 minutes Temperature: moderate

METHOD: Clean and dry the haddock, removing the head if necessary Make a paste with the flour, milk and seasoning Spread the fish with this, and then coat with crumbs.

Make the dripping smoking hot in the frying pan. Put in the prepared fish and brown each on one side Turn and brown on the other side Fry more slowly until cooked (about five to seven minutes). Drain and serve (*For 4 persons.*)

Haddock (Smoked) or Finnan Haddock (Smoked)

A little milk	**A little flour**
Fillets of smoked haddock	**Seasoning**

Pat of margarine

Time about 20 minutes Temperature Regulo Mark 6, electricity, 400° F; solid fuel, moderate, oil, moderate

METHOD Barely cover the bottom of a large pan with milk Bring to the boil and place the portions of fish into it Cover with a lid and keep on a gentle flame until cooked

Alternatively, cover the bottom of a fireproof dish (or baking tin) with a little milk Place the portions of fish into it Cover and cook in a moderate oven until done Remove fish and keep hot Blend a little flour with one tablespoonful milk, add this to the liquid with seasoning and pat of margarine Stir until boiling Pour over the fish (*For 4 persons*)

Hake

A cheap and nourishing fish that can be cooked in the same manner as cod or haddock As the flavour is rather insipid, a good sauce of any kind liked by the family should be served with it.

Halibut or Turbot (Boiled)

Halibut or turbot (weighing about 1 lb.)	**A little vinegar**
Lemon	**Hollandaise or normandy sauce, optional (page 366 or 368)**
Salt	**Garnish parsley—lemon**

Time: according to weight. Temperature low

METHOD: Clean the fish thoroughly. Then sprinkle and rub over with lemon or vinegar. Trim the fins, but do not remove them. Have a pan of simmering salted water ready waiting. Add a little vinegar. Put the fish in and make sure that the water barely covers it. Allow ten minutes to each pound and ten minutes over.

Drain thoroughly. Serve garnished with parsley and lemon. If you wish, serve with any good fish sauce such as hollandaise or normandy. (*For 4 persons.*)

Halibut or Turbot (Grilled)

Halibut or turbot (about 1 lb.)
Salt
Oil or melted margarine
Maître d'hôtel butter (page 385)

Time: about 20 minutes. Temperature: moderate

METHOD: Have the fish cut in slices. Sprinkle with salt, oil or melted margarine. Grill under a moderate flame. Allow about ten minutes on each side for slices one and a half inches thick. Serve on a hot dish. Before serving, lay on each slice a pat of maître d'hôtel butter. (*For 4 persons.*)

Herrings (Boiled, with Mustard Sauce)

4 fresh herrings (medium size)
Parsley for garnish
½ pint mustard sauce (page 368)

Time: 10 minutes. Temperature: low

METHOD: Wash and clean the herrings, removing the scales. Put them into boiling salted water and simmer very gently for about ten minutes. As soon as they are cooked, drain and arrange on a hot dish and garnish with parsley. Serve with mustard sauce. (*For 4 persons.*)

Herrings (Devilled)

An alternative method of cooking is to make two cuts in each herring with a sharp knife, and rub a little made mustard into the flesh before cooking.

Herrings (Grilled)

4 herrings (medium size)
1 oz. butter or margarine (optional)
1 oz. maître d'hôtel butter (page 385)

Time: 10–15 minutes. Temperature: moderate

METHOD: Wash, clean and dry the fish. Brush with melted butter or margarine (optional). Grease a gridiron, place the fish on it and put under the grill. When brown on one side, turn over and brown the other. When the fish is cooked, place on a hot dish with a pat of maître d'hôtel butter on top. (*For 4 persons.*)

Herrings (Soused)

4 fresh herrings
½ teaspoonful salt
1 blade mace
1 bay leaf
6 peppercorns
2 cloves (optional)
4 tablespoonfuls vinegar
4 tablespoonfuls water

Time: 30–45 minutes. Temperature: Regulo Mark 6; electricity, 400° F.; solid fuel, moderate; oil, moderate

METHOD: Wash, clean and trim the herrings. Cut down from the opening already made for cleaning them, to the tail. Lay them on their backs and remove the bones. Sprinkle all over with salt Roll them up, starting at the tail end Place them in a small pie-dish with the mace, bay leaf, peppercorns and cloves, if liked. Pour over them enough vinegar and water to cover the fish. Bake in a moderate oven from half to three-quarters of an hour. (*For 4 persons.*)

Note: Mackerel, whole, may be soused similarly. See illustration, page 262.

Herrings (Stuffed)

4 herrings (medium size)
1 small onion
1 dessertspoonful fine bread-crumbs
½ teaspoonful mixed herbs
Parsley
Pepper and salt
A few drops of lemon juice or vinegar
Dripping to fry

Time: about 30 minutes. Temperature: Regulo Mark 6, electricity, 400° F.; solid fuel, moderate; oil, moderate

METHOD: Clean and dry the fish. Cut off the heads and tails. Open them down the back and take out the backbone and as many others as possible Mince the onion finely and mix with the breadcrumbs, herbs, parsley (finely chopped) and salt and pepper Add a few drops of lemon juice or vinegar Mix all together well Sprinkle the inner side of one herring with this mixture and lay another herring over it, making a sort of sandwich.

Put the pairs of herrings in a greased baking tin, dot with small pieces of dripping, cover with greased paper and bake in a moderate oven for about half an hour, basting occasionally. (*For 4 persons.*)

Kippers (Grilled)

4 kippers
1 oz. butter or margarine

Time: about 10 minutes. Temperature. hot

METHOD: Brush with melted butter or margarine Grease grill-pan and lay fish on it Grill first on one side and then on the other. Serve immediately. (*For 4 persons.*)



Grilled Herrings

Ling

A fish very much like cod in appearance It may be cooked in any of the ways given for cod.

Ling (Fricassee of)

1½ lb. ling	**1 oz flour**
½ pint milk	**2 oz. margarine**
A little mace	**1 teaspoonful lemon juice**
Pepper and salt	**4 tomatoes**

½ teaspoonful parsley

Time· 20 minutes. Temperature· low

METHOD. Free the fish from skin and bone, cut it into slices, put it in a saucepan with the milk, mace and a sprinkling of pepper and salt Simmer gently for eight minutes. Strain off the milk and put the fish aside in a warm place Knead together the flour and one ounce of the margarine to a soft paste Add this paste to the milk and stir until the mixture has boiled for five minutes Return the fish to the saucepan, add the lemon juice and reheat.

Slice the tomatoes, put them in a small pan with salt, pepper and one ounce of margarine, and simmer until they are soft—rub through a sieve. Reheat and add the parsley. Turn the fish on to a hot dish and pour over the tomato purée. Serve at once. (*For 4 persons*)

Mackerel (Baked)

4 mackerel (medium size)
Stuffing:

2 oz. breadcrumbs
½ oz. suet
2 teaspoonfuls parsley
1 teaspoonful chopped onion
Pepper and salt
1 egg

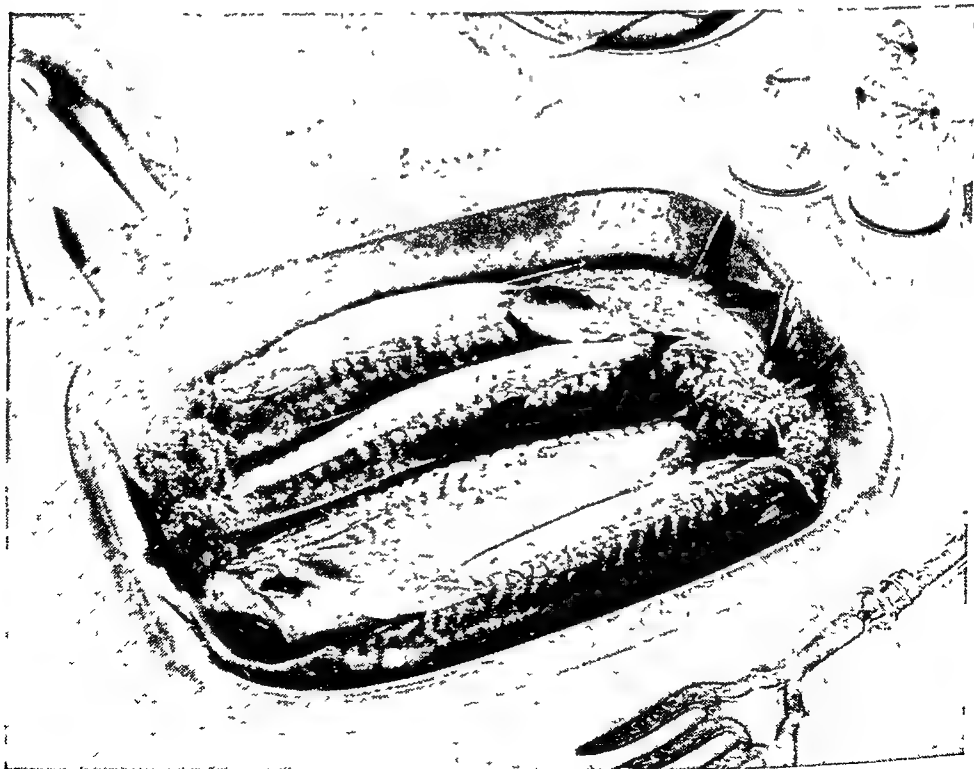
Time 20 minutes Temperature: Regulo Mark 6; electricity, 400° F; solid fuel, moderate; oil, moderate

METHOD: Cut the fish open and remove the backbone. Make a stuffing of the breadcrumbs, suet, parsley and onion Season with salt and pepper Bind with the beaten egg. Lay a portion of the stuffing on each fish. Roll up from tail to head, and either put a skewer through or tie it in place Bake for twenty minutes in a moderate oven. (*For 4 persons*)

Mackerel (Fried)

4 mackerel (medium size)
Pepper and salt
Fat for frying
Brown fish sauce (page 359)

Time. about 10–15 minutes Temperature. moderate



Soused Mackerel

METHOD: Bone the mackerel and remove the tails, heads and fins. Sprinkle with salt and pepper. Heat just enough fat in a pan to cover the bottom. Fry the fish on both sides until they are a golden brown colour. Drain well. Place them on a hot dish and pour the sauce over them. (*For 4 persons.*)

Mackerel (with Gooseberry Sauce)

That gooseberry sauce is used with mackerel should give you an idea. Obviously, fruit is a complementary ingredient to this rather rich and oily fish. You could bake mackerel covered with tomatoes. Or you may try to use any other kind of fruit instead of gooseberries. Apples go well, too.

2 large mackerel (or 4 small)	**Gooseberry sauce (page 365)**
Salt	**Parsley for garnish**

Time: 15 minutes. Temperature: low

METHOD: Put the prepared fish into boiling water with some salt and simmer gently until cooked. Drain the fish and place on a hot dish. Serve the sauce separately. Garnish with sprigs of parsley. (*For 4 persons.*)

Mackerel (Grilled)

4 mackerel (medium size)	**¼ oz. maître d'hôtel butter (page 385)**
¼ oz. butter or margarine	

Time: 10–15 minutes. Temperature: moderate

METHOD: Wash and clean the fish thoroughly. Dry it well and brush with melted butter or margarine. Place on a greased gridiron and put under a moderate grill. When one side is brown, turn and when the fish is cooked put the maître d'hôtel butter on top. (*For 4 persons.*)

Mackerel (Soused)

See Herrings, Soused (page 260)

Megrim

The megrim is sometimes called the smooth sole and the scaldfish. It is also known as the grey sole, although this is usually a West of England definition. It is one of the cheapest of fish and may be cooked in any of the ways directed for sole. The megrim should be eaten as fresh as possible, for it soon loses flavour.

Mullet (Red)

The red mullet is a fish that is good to look at and very good to eat, for its colour is a rosy red and the flavour delicious. Red mullet are never drawn; pull out the gills, but leave the trail. The liver is a great delicacy. Wash this fish carefully and handle as little as possible, as the skin is very easily broken.

Red mullet is best when cooked in simple ways such as grilling or baking. It is spoilt when boiled and is too easily broken to be successfully fried.

Mullet (Red, Baked)

2 large or 4 small mullet	1 dessertspoonful flour
2 oz. butter or margarine	Salt and pepper

Time: 20 to 30 minutes, according to the size of the fish. Temperature. Regulo Mark 4; electricity, 375° F.; solid fuel, moderate; oil, moderate

METHOD: For each fish take a piece of stout white paper such as foolscap or greaseproof, and butter it well. Wash the fish and pull out the gills, dry gently and sprinkle with flour seasoned with salt and pepper. Wrap in buttered papers Lightly grease a baking dish, put in the wrapped fish, and bake in a moderate oven from twenty to thirty minutes Remove the paper very carefully so that you do not break the fish, place them on a hot dish, pour the liquor over and serve at once. (*For 4 persons.*)

Pike

Pike is at its best when baked, though it is often served boiled. Remove the roe when cleaning the fish, as it is not good eating.



Fried Fillets of Plaice

Pike (Baked)

1 pike, 2 to 3 lb. in weight
Herb forcemeat
4 rashers fat bacon
2 oz. butter or dripping
½ pint tartare or caper sauce

Time: 30 minutes Temperature Regulo Mark 4; electricity, 375° F; solid fuel, moderate, oil, moderate

METHOD: Cleanse the fish, discard the roe and remove the scales. Fill the fish with herb forcemeat (see page 381), and sew it up carefully with a soft darning thread. Cover with the bacon. Grease a fireproof dish generously and put in the fish Grease a paper with the remainder of the butter or dripping, and cover the pike with it.

Bake in a moderate oven for half an hour, basting it three or four times with the fat Remove the cotton and bacon—place on a very hot dish and serve tartare or caper sauce with it (See page 360) (*For 4 persons*)

Plaice (Fried)

1 lb. fillets of plaice
Salt
1 tablespoonful flour
½ lb. dripping

Time: 10 minutes. Temperature: moderate

METHOD: Wash and dry the fillets with a soft cloth, and cut them in pieces of convenient size for the pan being used Sprinkle with salt, and flour each fillet. Put the dripping in a frying pan, and when it is so hot that a thin smoke is rising, put in the fillets and reduce the heat to moderate Fry gently until nicely browned Drain well and place the fillets on a hot dish (*For 4 persons*)

Salmon (Boiled)

1 salmon
Salted water

Garnishes:
Hollandaise (page 366), or cucumber, or tartare sauce (page 372)

Time: according to weight. Temperature: low

METHOD: Leave the fish whole Clean it Wash it well, but do not scale Have a fish kettle with sufficient simmering salted water barely to cover the fish Cook the fish gently Never let it come to the boil Allow ten minutes to each pound and ten minutes over Drain thoroughly and serve, garnished with cucumber and, if you wish, a good sauce, such as hollandaise or tartare.

Salmon (Boiled, Slice)

A thick slice from the middle is best for boiling Wash the fish thoroughly—any blood will spoil the colour of the cooked fish. Put in boiling water with a dessertspoonful of salt for each quart of water. Bring the water to the boil again and skim well. Simmer, allowing ten minutes to the pound and ten



Middle Cut of Salmon

minutes over for a thick piece of fish and eight minutes if only moderately thick. When done it should come easily from the bone.

Salmon Croquettes

These sound very special and they are, indeed, very tasty. Yet you can easily serve them frequently. For you can use tinned salmon; even a cheap brand. The principle is to mix the flaked fish with a rich, thick sauce, to season it well and, when cold and stiffened, to shape and turn it in crumbs. You should fry the croquettes in deep fat, but if you have the fat really hot in a thoroughly heated pan you can turn them in as little fat as will cover the bottom of the pan well.

Here is the original recipe for your guidance:

8 oz. cooked salmon	**Salt and pepper**
1 oz. butter or margarine	**1 egg**
1 oz. flour	**Breadcrumbs**
¼ pint milk	**Deep fat for frying**

Fried parsley for garnish

Time: about 10 minutes. Temperature: hot

METHOD: Chop the salmon finely. Melt butter in a saucepan. Stir in the flour over heat until mixture leaves sides of pan. Add the cold milk gradually, stirring all the time, until smooth and very thick. Add the chopped salmon,

salt and pepper. Mix well together Turn the mixture on to a plate and leave to cool thoroughly.

Divide into equal portions Form them into cork shapes Dip each one in beaten egg and then toss in crumbs Fry in hot, deep fat Drain them and dish up If you wish, garnish with fried parsley. (*For 4 persons*)

N B. If tinned salmon is used, stir fish liquor into sauce when being made, using a little less milk.

Salmon (Grilled)

2 slices of salmon, ¾ in. thick **Salad oil or melted margarine**

Garnishes:

Maître d'hôtel butter (page 385) **Tartare sauce (page 372)**

Time about 20 minutes Temperature moderate or low

METHOD Wipe the fish Brush with oil or melted margarine Place on an oiled gridiron and cook under a moderate or low grill for about ten minutes. Turn, brush this side with oil, or melted margarine, and cook for a further ten minutes Serve on a hot dish, preferably with maître d'hôtel butter. Or serve cold with tartare sauce (*For 4 persons*)

Salmon Mayonnaise

1 lb. cooked salmon (or tin of salmon)
Salt and pepper
1 lettuce
¼ pint mayonnaise sauce (page 350)
1 hard-boiled egg (optional)
½ cucumber

METHOD Boil the salmon, remove skin and bone from the salmon and flake it into small pieces If tinned variety is used, remove from tin and flake it Season with salt and pepper Wash the lettuce, remove the outside leaves and reserve the heart for garnish Break the remaining leaves into small pieces Arrange some of this in the bottom of the salad bowl, season with salt and pepper. Pour over a little mayonnaise Place a layer of salmon carefully on the salad Season and dab with a little more sauce. Continue in this way until the ingredients are used up, piling them in the form of a pyramid Pour over the remainder of the mayonnaise.

Rub the yolk of the egg through a sieve and chop the white rather roughly. Sprinkle some of the yolk over the top of the salad. Cut the lettuce heart into convenient pieces and put them round the dish, leaving space Fill these spaces alternatively with the sliced cucumber and little piles of chopped white of egg and yolk. Serve as soon as the salad is mixed. Simpler, without eggs . Wash and trim the lettuce neatly, reserving the heart Arrange the lettuce leaves and the cooked or tinned salmon in a salad bowl. Cut the lettuce heart into wedges and place these star fashion in the centre of the salad. Coat all the peaks of the salad with mayonnaise (*For 4 persons.*)

Smelts au Gratin

12 smelts
Butter or margarine
½ teaspoonful mixed herbs
3 tablespoonfuls white wine or cider
Seasoning
½ pint white sauce (page 373)
2 oz. grated cheese
Breadcrumbs
½ lemon or a little vinegar
Chopped parsley

Time about 10–15 minutes. Temperature: Regulo Mark 8; electricity, 450° F; solid fuel, hot, oil, hot

METHOD · Wipe the fish and take out the backbone, leaving a piece at the tail and at the head. Butter a gratin dish and sprinkle with fine herbs. Add the wine or cider, a little salt and pepper. Place the fish into the dish. Put the fish in the oven and half cook them. Cover with the sauce, sprinkle with melted butter or margarine, grated cheese and breadcrumbs, and bake in a hot oven for about ten minutes.

Before serving sprinkle with lemon juice or vinegar and chopped parsley (*For 4 persons.*)

Smelt Brochettes

12 smelts
Seasoning
A little flour
1 egg
Breadcrumbs
Fat for frying
Parsley and lemon for garnish

Time: about 10 minutes. Temperature · moderate

METHOD Dry the fish and dredge them with a little seasoned flour Dip them in beaten egg and toss in breadcrumbs. Run a skewer through the heads, putting four to six smelts on each skewer. Heat some frying fat in a pan and, when smoking, put in the smelts. Fry them a golden brown Drain them on paper and serve with parsley and slices of lemon. (*For 4 persons*)

Smelts (Grilled)

12 smelts
Salt
A little flour
Oil or melted margarine
Parsley and lemon for garnish
Tomato sauce (bottled)

Time. about 10 minutes. Temperature hot

METHOD. Split the smelts open. Cut away the backbone, leaving a piece at the tail and one at the head. Season with salt and dredge with a little flour Sprinkle with oil or melted margarine and grill under a quick grill Place the fish on a hot dish and garnish with sprigs of parsley and pieces of lemon. Serve the sauce separately. (*For 4 persons*)

Sole (Dover, Fried)

1 egg
Little lemon juice, or vinegar
4 Dover soles
Flour
Pepper and salt
Breadcrumbs
Frying fat

Time: about 10 minutes Temperature: hot

METHOD: Beat the egg on a plate with a dash or two of lemon juice or vinegar. Dip the soles in seasoned flour Lay on the plate with the egg and turn. Then dip in breadcrumbs. Press into shape. Fry in hot, deep fat to a golden brown Drain Alternatively, fry in hot, shallow fat on both sides. (*For 4 persons*.)

Sole Fillets à la Lyon

2 soles, filleted
Seasoning
Cayenne
Lemon juice
Mashed potatoes
Chopped parsley
Coral (hard roe of lobster) (optional)
Lyonnaise sauce (page 366)

Time. about 10 minutes. Temperature: Regulo Mark 6; electricity, 400° F; solid fuel, moderate, oil, moderate

METHOD: Season the fillets with salt, pepper (cayenne or black) and lemon juice Butter a tin and put the fillets in, covered with buttered paper Bake in the oven for ten minutes Arrange the mashed potatoes on a dish Place the fish on top and decorate with chopped parsley and coral, if used Serve with lyonnaise sauce (*For 4 persons*.)

Sole Meunière

Chopped parsley
Lemon juice
Very little white wine (optional)
Sole (4 small or 4 fillets of large sole)
Lemon slices (optional)
Fat for frying (preferably butter or margarine)
Little flour
Seasoning

Time about 10–15 minutes Temperature: moderate

METHOD Chop the parsley very finely Add the lemon juice and wine, if used If you wish to serve with lemon slices, cut these finely and keep handy You can use whole small soles, well trimmed, but preferably filleted sole. Melt the fat in the frying pan Powder the fish with flour. Put it into the hot fat and, shaking the pan carefully, fry very gently on both sides Fry the first side only for a few minutes so that the turning over will be easier. Fry longer on the second side—long enough to cook the fish

Take the fish out and keep it warm Do this on the platter or plate on which you want to serve it finally. Add some fresh cooking fat, preferably

butter, to the fat in the frying pan Heat this until it is a golden brown. Sprinkle in the parsley—already flavoured with lemon—and add seasoning Then pour piping hot over the fish. If you wish, decorate each portion with a few slices of lemon. (*For 4 persons.*)

Sole or Plaice (Steamed)

4 fillets of sole or plaice
Salt and pepper
Lemon juice

Time · 15–20 minutes. Temperature: moderate

METHOD: Season the fillets on the skinned side and fold in two. Lay on a buttered plate. Cover with buttered paper and a lid. Put the plate over a saucepan of boiling water and steam from fifteen to twenty minutes, until the fish looks quite white Serve on a hot dish with the lemon juice (or lemon essence) poured over. (*For 4 persons.*)

Sole or Plaice (Stuffed)

4 fillets of sole or plaice
Pepper and salt
Lemon juice
Pieces of potato
1 egg
Breadcrumbs
Frying fat
For the stuffing: 2 tablespoonfuls hollandaise sauce (page 366)

Time · about 10–15 minutes. Temperature hot

METHOD: Wipe and season fillets with salt, pepper, lemon juice or essence, and vinegar. Roll round a piece of potato, from head to tail, with the skin side inside. Coat with beaten egg and breadcrumbs Fry in deep fat. Remove the potato and fill with hot sauce. (*For 4 persons*)

Sprats (Fried)

1½ lb. sprats
Salt
Flour
Egg
Breadcrumbs
Fat for frying
Lemon

Time: about 5 minutes. Temperature: very hot

METHOD: Wipe the sprats, dip them in seasoned flour, then in egg and breadcrumbs. Fry in very hot fat They may be dusted with flour only and cooked in a frying pan for about five minutes, using shallow fat only. Serve with lemon slices (*For 4 persons*)

Trout au Gratin

4 small trout
1 oz. butter or margarine
Salt and pepper
¼ pint milk
¼ pint water
3 tablespoonfuls oatmeal
2 oz. grated cheese
Cayenne

Time: 25–30 minutes. Temperature: Regulo Mark 6; electricity, 400° F; solid fuel, moderate; oil, moderate

METHOD Scrape the trout Clean out the insides, wash them and dry them well Butter a deep baking tin Lay the trout in it and sprinkle with pepper and salt. Add the milk and water and the oatmeal Cover with buttered paper and cook in the oven for about twenty minutes, or until the fish is done Five minutes before the fish is cooked, remove dish from oven and sprinkle thickly with grated cheese and a dash of cayenne pepper Return to oven or place under hot grill for few minutes (*For 4 persons*)

Trout (Baked)

4 small trout
3 or 4 thin slices fat bacon
Pepper and salt
Nutmeg
Parsley

Time. 20–25 minutes. Temperature Regulo Mark 8, electricity, 450° F; solid fuel, hot, oil, hot

METHOD. Scrape, gut and clean the trout Split them open and remove the bones Lay the slices of bacon on the bottom of a baking dish Lay the trout on them, skin uppermost, and sprinkle with a little salt, pepper, grated nutmeg and chopped parsley. Bake in a quick oven and serve very hot (*For 4 persons.*)

Trout (Boiled)

Salt
4 small trout
Vinegar
Suitable sauce (melted butter, shrimp, or hollandaise)
Garnish: Parsley, lemon

Time 20–30 minutes. Temperature: low

METHOD. Have gently boiling salted water ready Clean and gut the fish, and put them in a bowl Bring the vinegar to the boil and pour quickly over the fish, moving them about to bring all the surfaces in contact with the vinegar. Immediately put the fish into the boiling water. Simmer gently until done, about twenty to thirty minutes Garnish with parsley or lemon and serve with suitable sauce (*For 4 persons*)

Trout à la Meunière

4 small trout
1 tablespoonful seasoned flour
2 oz. butter or margarine
Lemon juice
Parsley, finely chopped
Lemon for garnish

Time: about 15 minutes Temperature: moderate

METHOD Scrape, gut and clean the fish and toss in seasoned flour Heat half the butter in a pan and fry the fish in it until a golden brown colour on both sides and well cooked Put them on a hot dish Add the rest of the butter to that already in the pan and heat it until golden brown. Flavour

the butter with lemon juice and pour it over and round the fish. Garnish with finely chopped parsley and thin slices of lemon. (*For 4 persons*)

Trout (Salmon)

The operative word is salmon, not trout. This is a delicious fish with a rather refined salmon flavour and rich, tender flesh. Cook in exactly the same way as salmon

Turbot Fillets à la Florentine

1 oz. butter or margarine
4 fillets of turbot
Pepper and salt
Lemon juice or vinegar
3-4 tablespoonfuls sherry or cider
2 lb. spinach, cooked and minced or sieved
½ pint Bechamel sauce (page 358)
Grated cheese
Breadcrumbs

Time: about 15 minutes. Temperature: Regulo Mark 6, raised to 9 to brown; electricity, 400° F., raised to 500° F. to brown; solid fuel, moderate, raised to very hot to brown; oil, moderate, raised to very hot to brown

METHOD: Grease a fireproof dish and arrange the fish on it. Sprinkle with salt, pepper and lemon juice or vinegar, then with the wine or cider, and cook in the oven for ten minutes. Spread each fillet with the spinach. Cover them with the sauce mixed with enough cheese to give it a nice flavour. Sprinkle the top of each fillet with grated cheese and breadcrumbs Put into a very hot oven or under a grill to brown. Serve at once. (*For 4 persons*)

Whitebait (Fried)

1½ lb. whitebait
Flour
Fat for frying
Salt and pepper
Lemon for garnish

Time: about 2 minutes. Temperature: very hot

METHOD: Dry the whitebait in a cloth. Sprinkle well with flour and put them on a wire sieve, shaking well so as to separate each fish and free them from superfluous flour. Heat the fat in a pan deep enough to hold a frying basket and with sufficient fat to cover. Shake the fish in the basket and plunge it into the hot fat. Fry for two minutes, shaking gently while they are frying. When cooked, drain them on paper and sprinkle with salt and pepper. Garnish with slices of lemon. (*For 4 persons.*)

Whiting Brochettes

4 small whiting
Pepper and salt
Butter or margarine
Breadcrumbs
Flour
Chopped parsley

Time: 10–15 minutes Temperature: moderate

METHOD: Wash, skin and fillet the fish Season with pepper and salt, roll them up and place on skewers Dip them in butter or margarine, then in breadcrumbs and grill them Put the trimming and bones of the whiting in a saucepan with just enough water to cover them Boil well and strain into a clean saucepan

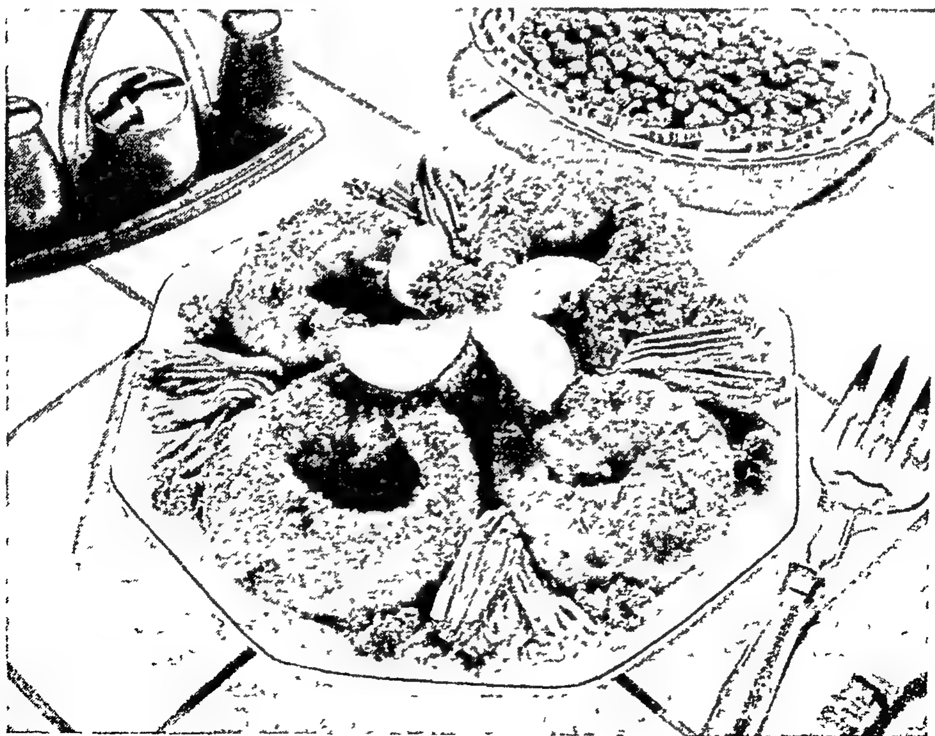
Blend some flour with little cold liquid. Add this to the liquid in saucepan, stir until boiling. Add seasoning and chopped parsley Pour over the fish fillets after removing from the skewers (*For 4 persons.*)

Whiting (Fried)

4 skinned whiting
1 dessertspoonful flour
Pepper and salt
Beaten egg
Breadcrumbs
Fat for frying
Parsley and lemon for garnish

Time: about 10 minutes. Temperature hot

METHOD: Cut and wipe the fish and toss in seasoned flour Place the tail through the eye holes. Dredge lightly with flour Coat with beaten egg and breadcrumbs Heat the fat in the pan When a faint smoke rises from it, fry the fish until golden brown. Drain and garnish with fried parsley and pieces of lemon. (*For 4 persons*)



Fried Whiting

Shell-fish

Most women, even those who are otherwise experienced cooks, do not know how to handle shell-fish. They look tempting at the fishmonger's and seem to promise a welcome change, but where does one start and what does one do? Potted or bottled shrimps, tinned crab, etc, are well-known delicacies Scallops are highly praised by most people who have tasted them.

By the way, scallops also supply your kitchen dresser with a most valuable selection of fireproof dishes The well-cleaned shells can be greased and used as individual dishes for baking something *au gratin* But to return to the fish within those strange shells, be they large ones containing scallops, the small ones containing oysters, or those glorious red coat-of-arms of the lobster down to the tiny shrimp, it is a luscious flesh with an appetizing nutty flavour and rather juicy at that. It will cook easily and will remain tender if you keep in mind that the heat, whatever cooking method used, has to be kept low rather than strong No particular utensils are necessary to cook this fish and the recipes will tell you how to use shell-fish. In the Principles of Cookery, page 91, will be found directions for cleaning and dressing shell-fish.

Cockles (Boiled)

Cockles which do not open by themselves after cooking are unfit to eat.

Cockles **Salt**

Method: Well wash the cockles in two or three waters with salt and scrub the shells with a hard brush Leave them to clean in salt and water Put them in a saucepan with a tablespoonful of water at the bottom, with a clean cloth laid over them Shake the pan constantly to prevent their burning. As soon as the shells open they are cooked enough.

Crab (Buttered)

2 medium-sized cooked crabs
2 oz. butter or margarine
1 oz. flour
2 teaspoonfuls made mustard
Cayenne pepper
2 tablespoonfuls vinegar
Nutmeg
Breadcrumbs

Time about 10 minutes Temperature· hot

Method · Mince the flesh of the crab or chop rather finely. Melt the butter in a saucepan, stir in the flour and cook for a few minutes Add the mustard, cayenne, vinegar and a little grated nutmeg Lastly, mix in the chopped crab meat Heat thoroughly, place in the crab shell Sprinkle with fresh breadcrumbs and a little melted butter. Put under a hot grill or in a hot oven to brown the surface (*For 4 persons*)



Dressed Crab

Crab (Curried)

Proceed as for Curried Prawns (page 277), but substitute the meat of two crabs, or two tins of crab meat

Crab (Dressed)

2 boiled crabs (medium size, or 1 big one)
White breadcrumbs
2 tablespoonfuls oiled butter
2 tablespoonfuls vinegar
Salt and pepper
2 hard-boiled eggs
Chopped parsley

METHOD · Take off the claws from a boiled crab, break them and remove the white meat Remove the body from the shell Throw away the bag near the mouth and the feathery gills Chop the soft meat from the inside with the meat from the claws Mix with breadcrumbs, oiled butter and vinegar Season

Wash and dry the shell and rub with a little oil Fill it with the mixture, keeping the brown meat separate from the white meat Decorate with chopped white of egg, chopped parsley and sieved egg yolk.

Lay the dressed crab on a bed of lettuce garnished with the small claws and quarters of tomato. (*For 4 persons.*)

Lobster

Black lobsters are live lobsters. Red lobsters have been boiled. It is unpleasant to boil lobsters at home. The fishmonger will generally do it for you

Lobster à la Newburg

2 boiled lobsters (medium size, or 1 big one)
1½ oz. butter or margarine
¼ pint white wine or cider (optional)
3 yolks of egg
½ pint cream (or milk)
Salt and pepper
Cayenne

Time · about 10–15 minutes. Temperature · moderate

METHOD : Have the lobsters halved. Remove the intestine (this is the dark line running throughout the lobster) Remove all the flesh and cut it up Melt the butter in a saucepan, add the lobster and pour over the wine or cider if used Beat the eggs with the cream or milk and add Season with salt, pepper and cayenne Heat quickly. On no account let it actually boil Fill the empty lobster shell halves with the mixture. If you wish, dot with a little butter or margarine Place under a hot grill to brown quickly. For larger amounts brown in a hot oven Serve piping hot. (*For 4 persons.*)

Lobster Salad

(See page 354)

Mussels

Mussels which do not open by themselves after cooking are unfit to eat.

Mussels (Boiled)

The same method as for Cockles

Oysters

Oysters should be eaten as soon as they are opened, for, if not, the flavour deteriorates when exposed to the air They are popular served raw or *au naturel* as an hors d'œuvre

To open an oyster, hold it very firmly in a cloth to protect the hand, then take a sharp-pointed knife and force the point just under the edge of the upper shell. Press the knife in, so that you feel it along the surface of the under shell, then force it towards the fringe of the shell Raise the knife sharply towards the right and the shell will come off Serve on the half shells with cut lemon and brown bread and butter. If served as an hors d'œuvre, half a dozen oysters for each person is usual.

Oysters, or Angels on Horseback

Oysters
Salt and cayenne
Lemon juice
Round croûtons of fried bread and bacon about 1½in. diam.
Anchovy purée
1 teaspoonful chopped parsley

Time: about 15 minutes Temperature: Regulo Mark 6, electricity, 400° F., solid fuel, moderate; oil, moderate

METHOD: Beard the oysters Sprinkle with salt, cayenne and lemon juice Place between two plates in a moderate oven for five minutes Fry croûtons in deep fat Fry the bacon Spread the croûtons with anchovy purée, put a piece of bacon on each one and an oyster on top of the bacon Sprinkle with chopped parsley.

Prawns in Aspic

Aspic jelly **Prawns** **Cress for garnish**

METHOD: Prepare some aspic jelly (page 326) Fill moulds with cold water, empty them and put a little aspic jelly at the bottom of each. When partly set, put in one or two prawns and fill up with jelly When set turn them out on a dish and garnish with cress

Prawns Curried

3 oz. butter or margarine
2 oz. onion
1 dessertspoonful curry powder
1 oz. flour
1 pint picked prawns
1 level teaspoonful salt
½ pint hot water
Boiled rice or mashed potato

Time: about 15 minutes Temperature: low

METHOD: Melt the butter or margarine in a saucepan. Add the onion, sliced, and fry until brown Add the curry powder and flour, stirring well Put in the prawns and keep stirring until they are well browned Add the salt and hot water. Put a lid on the pan and let it simmer for ten minutes. Serve with a border of boiled rice or mashed potatoes (*For 4 persons.*)

Scallops (Fried)

4 scallops
Flour
Salt and pepper
Fat for frying
Lemon for garnish (optional)
Parsley for garnish (optional)

Time. about 15 minutes

METHOD: Roll the washed and dried scallops in seasoned flour. Fry them in smoking hot fat until golden brown Drain them on paper. Garnish with slices of lemon and sprigs of parsley (*For 4 persons.*)

Scallops (Stewed)

4 scallops
Flour
Milk
A little butter or margarine
Salt and pepper
Vinegar

Time about 25 minutes. Temperature: low

METHOD: Open the shell like an oyster. Remove the beard and the black parts. Wash the scallops well Put them into a saucepan with enough water to cover them barely. Simmer gently until tender.

Thicken the liquor with a little flour stirred smooth with milk and the butter or margarine Add salt, pepper and vinegar. Cook the sauce for two or three minutes Serve with some of the sauce poured over them (*For 4 persons*)

Shrimps en Coquille

1 pint of shrimps
A little thick white sauce
Choice of savoury butters (pages 383–385) or mixed herbs, or both
Lemon juice
Pepper and salt
Bottled sauce
Breadcrumbs
Butter, margarine or cheese

Time: about 10 minutes. Temperature Regulo Mark 8; electricity, 450° F, solid fuel, hot; oil, hot

METHOD: Well grease some scallop shells or individual shallow dishes. Shell the shrimps, cut them small and stir into the white sauce Flavour with savoury butter and/or mixed herbs, lemon juice, pepper, salt and a little bottled sauce.

Fill the dishes with the mixture Sprinkle with breadcrumbs and grated cheese Or dot with butter or margarine Heat in the oven (*For 4 persons*)

Shrimps Curried

3 oz. rice
½ pint stock
1½ oz. butter or margarine
1 onion
1 teaspoonful curry powder
½ apple
½ pint picked shrimps
Lemon juice

Time: about 30 minutes Temperature: low

METHOD: Boil the rice in the stock until the rice is tender and the moisture absorbed. Butter some small moulds and line with the boiled rice. Melt the butter in a saucepan and fry the chopped onion in it until dark brown. Stir in the curry powder and cook for a few minutes Peel and chop the apple and add it to the curry with just enough stock or water to cook it in Simmer until the apple is soft Add the shrimps and a little lemon juice

Fill the rice cases with this and place in the oven to warm through (*For 4 persons.*)



Shrimps en Coquille

Shrimp Patties

½ lb. puff pastry (page 186)
1 pint shrimps
1 oz. flour
1 oz. butter or margarine
¼ pint cream, of top milk or milk
Cayenne pepper
A few drops lemon juice

Time about 20 minutes Temperature Regulo Mark 8, electricity, 475° F; solid fuel, hot, oil, hot

METHOD Roll out the puff pastry about half an inch thick Cut into rounds Slightly indent with a smaller cutter to provide for the little flat lid you want to remove after baking. Bake in a quick oven until brown Shell and chop the shrimps Put them in a saucepan with the flour, butter, cream and seasoning. Add the lemon juice Stir until it boils Leave to simmer a little while.

Remove the "lids" from the baked patties. Scoop out a little of the soft centres Fill the patties with shrimp mixture, crown with the lids and reheat as necessary.

The puff pastry patty cases can be filled with other kinds of savoury mixtures besides shrimps They are very successful at buffet parties when filled with a mixture of white sauce and chopped tinned oysters, or a little mashed tinned salmon

Serve decorated with sprigs of parsley

Meat

To obtain the maximum of nourishment and flavour out of meat it is essential to know how to cook it correctly. The various kinds of meat and the joints into which it is cut by the butcher are described in the Principles of Cookery, page 96. Details are also given of how to cook the joints to the best advantage, whether to roast, pot roast, or perhaps to grill or boil The recipes that follow here will enable the housewife to make the most of whatever quantity of meat she has in the larder.

Some of the dishes are quite plain, but, with the addition of the "optional" ingredients given, can be made into a dish for a more festive occasion.

Beef (Roast)

See "How to Roast Meat," page 106, Principles of Cookery

Beef (Rolled)

2–3 tablespoonfuls breadcrumbs
2 tablespoonfuls shredded suet
2 tablespoonfuls chopped parsley
½ teaspoonful mixed herbs, or 1 dessertspoonful chopped pickles
Salt and pepper
Rind of 1 lemon
1 egg
1½ lb. beefsteak, large slice
Dripping

Time: about 35 minutes Temperature: Regulo Mark 4; electricity, 350° F, solid fuel, moderate, oil, moderate

Method: Mix the breadcrumbs, suet, parsley, herbs or pickles, and a good dash of salt and pepper together Peel the lemon very thinly and chop the rind Add to the dry ingredients. Beat the egg and mix with these ingredients, adding a little milk if necessary to bind.

Beat the steak flat Spread a layer of the stuffing over and roll up. Fasten with skewers or string Put into a tin with dripping, spreading a little on top of the roll, and cook in a moderately hot oven for about thirty-five minutes, basting frequently.

Dish up, removing the skewers or string, and pour away the fat from the tin Make gravy with the essence of the meat left in the tin, as you would for roast meat Pour over the steak and serve at once (*For 4 persons.*)

Brains (Braised)

2 calves' brains

Stock from the brains
Salt, pepper and vinegar
18 button onions, or some chopped onions
Fat to fry
1 tablespoon flour
1 dozen small mushrooms (optional)

Time. about 35–40 minutes Temperature low

METHOD · Remove the skin from the brains and soak them in cold water until quite white. Put them into a casserole with a lid, or a stewpan with a tightly-fitting lid, cover with boiling stock and a dash of vinegar, season to taste, and simmer for ten minutes Take out and lay in cold water.

Fry the prepared onions in a little hot fat until they are light brown, then stir in the flour smoothly Add gradually the stock in which the brains were cooked, stirring to keep smooth. Simmer for a few minutes Put the brains into this sauce, and the peeled mushrooms (if used), and cover. Put into the oven to simmer, or on top of the stove, for twenty minutes, and serve on a hot dish. (*For 4 persons*)

Brains (Fried)

2 calves' brains
Vinegar
Frying batter (page 36)
Fried parsley for garnish

Time about 20 minutes Temperature hot

METHOD . Remove the skin and fibres from the brains Soak in cold water for one hour. Then boil in water with a little vinegar added for ten minutes Cool and cut into slices Have ready a pan of hot frying fat. Dip each slice into the batter and fry till a pale brown colour. Serve very hot with a garnish of fried parsley. (*For 4 persons*)

Brains (Stewed)

4 fresh sheep's brains
Salt, pepper and vinegar
4 rashers of bacon
3 small onions
2 cloves, optional
Parsley and thyme
Lemon
½ oz. flour
½ oz. butter or dripping

Time: about 45 minutes. Temperature: low

METHOD . Soak the brains in salted water for one hour. Remove the skin and fibres Put into a saucepan of cold water, add salt and pepper and a little vinegar, bring to the boil and boil for ten minutes Take up without breaking and place into cold water. Lay the rashers of bacon in a stewpan with the brains on top and pour over enough stock to cover them. Add the onions, cloves, parsley and thyme and a little piece of lemon rind Cover with a lid and simmer gently for about half an hour.



Brawn with Salad

Take out the bacon and lay on a dish with the brains on top Keep hot Strain the liquor and thicken with a little flour previously stirred in cold stock or water. Add a little butter or dripping. Boil up, stirring all the time to keep perfectly smooth. Pour this over the meat and garnish with fingers of toast. (*For 4 persons*)

Brawn

½ pig's head
Water and vinegar
A good pinch of powdered mace, or more to taste
1 teaspoonful allspice
Salt and pepper
12 peppercorns
4 cloves
Bunch of herbs
1 onion
Parsley for garnish

Time· about 3 hours Temperature low

METHOD Remove the brain, if any, from the head Soak the head in cold water and vinegar for an hour Then soak in tepid water and salt for half an hour Cleanse the head thoroughly, then put it in a pan with cold water to cover and bring to boiling point Skim well, and pour off the water.

Put the head in a clean pan with cold water to cover it, add the seasonings and simmer until it is tender. Take up from the pan, and cut all the meat off into dice Strain the liquor in which it is cooked and boil this until it is reduced by half, and jelly when cold Add the meat to this and season to taste Pour into wet moulds or basins, and allow to get quite cold. Turn out and garnish with parsley. (*For 4–6 persons.*)

Calf's Foot Jelly

1 calf's foot
3 oz. sugar
2 lemons
2 quarts cold water
2 cloves
Cinnamon (a good pinch)
2 eggs (optional, see below)
¼ pint sherry (optional)

Time: 7 hours. Temperature: low

METHOD: Chop the foot into four pieces. Put these into a saucepan with cold water and bring to the boil. Strain this water off, and return the pieces of foot to the saucepan with the two quarts of cold water, and let this simmer very gently for seven hours. Skim several times during this process. Now strain through a fine sieve and put the liquid aside to cool. Remove every particle of fat there may be on the stock, otherwise the jelly will not be clear. When it is quite cold, pour into a clean saucepan. Add the sugar, the thinly-peeled lemon rinds, and the juice, the cloves and a good pinch of cinnamon. Whip the whites of eggs, and crush the egg-shells. Add these to the stock. Put on the stove to warm, and start whisking until stock boils. Simmer for a few minutes, then add the sherry, if used, and boil up again. Scald a clean cloth in boiling water and strain the liquid through this. If it do[illegible] run through clear the first time, continue straining until it does.

Rinse a jelly mould in cold water, and pour the calf's foot [illegible] this and put into a cool place to set. Turn out on a glass d[illegible] and serve.

Without eggs or sherry you can make a very good and equa[illegible] Calf's Foot Jelly by straining after adding spices.

Calf's Head (Boiled)

1 calf's head
Salt
2 onions
1 turnip
2 carrots
Piece of celery
Bouquet garni or mixed herbs
2 cloves
A few peppercorns
Parsley sauce (page 370)

Time: 3–4 hours. Temperature: low

METHOD: Soak the head in salted water overnight, or for at least a few hours. Then put into a pan with cold water to cover. Bring to the boil and cook for two or three minutes. Drain. With a sharp knife cut out the bones, and brains. Roll the head into the shape of a galantine and tie it in a cloth. Put it into a saucepan with sufficient cold water to cover, adding a teaspoonful of salt. Bring to the boil and skim well. Now add the vegetables, the herbs, cloves and peppercorns. Cover with a lid and simmer gently for three to four hours. Take from the saucepan, untie and remove the cloth and place the head on a hot dish. Have ready some parsley sauce. Blanch the brains, cut them in dice and put them into the sauce. Skin the tongue and place at the side of the head. Pour the parsley sauce over and serve. See Calf's Head, Principles of Cookery (page 102).

Corned Beef Mould

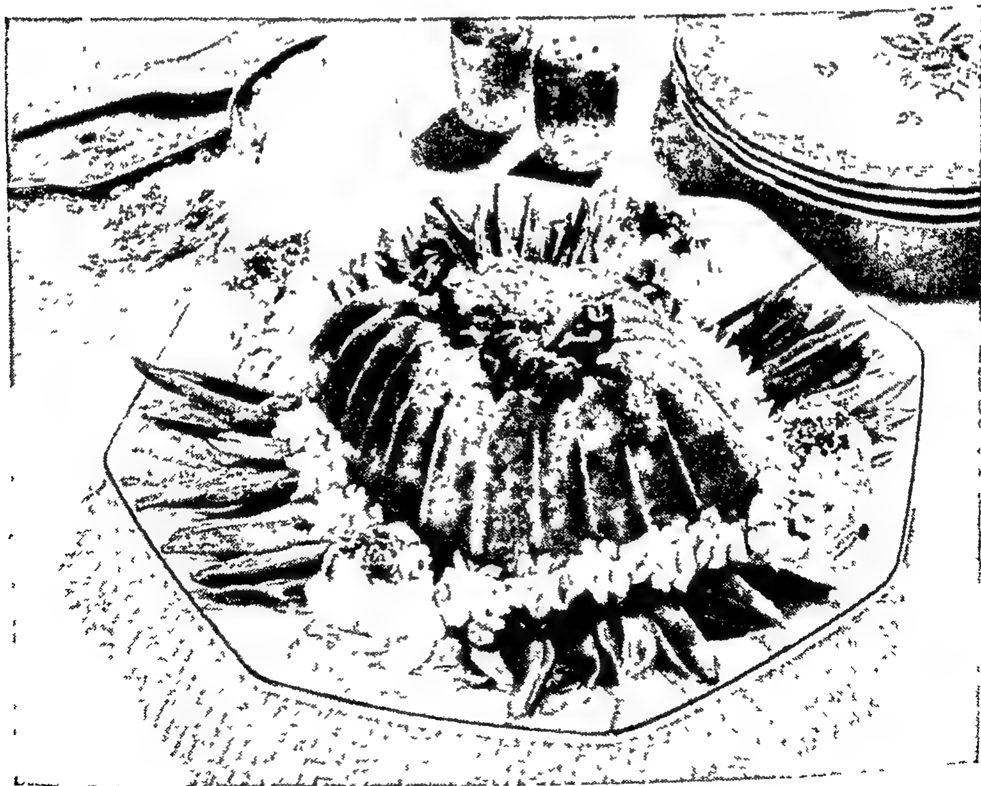
1 level tablespoonful fat
Flour
About ½ pint liquid (milk and water)
½ lb. corned beef
Mixed herbs
Pepper
Pinch of nutmeg
1 egg

Time. about 1¼ hours. Temperature. moderate

METHOD. Make a white paste by melting the fat in a saucepan and stirring in as much flour as it will take. Add the liquid very slowly, stirring all the time until you have the required consistency. You may not need quite half a pint Keep on a low flame and boil gently for four to five minutes, stirring all the time The paste should then begin to detach from the sides of the saucepan as you stir.

Add the flaked corned beef, mixed herbs, pepper (no salt), a pinch of nutmeg, the egg, and beat well together.

Turn into a greased and crumbed basin and steam for one hour. Turn out and garnish This is equally good, hot or cold. *(For 4 persons)*



Corned Beef Mould



Cornish Pasties

Corned Beef Pudding

1 large cupful corned beef (chopped)
¾ cupful breadcrumbs
¼ cupful oatmeal (medium)
A little stock
Pepper
Bottled sauce
Minced fried onion
Mixed herbs

Time: 1 hour. Temperature: moderate

METHOD: Chop the corned beef. To each cupful allow three-quarter cupful breadcrumbs and one-quarter cupful of oatmeal. Add enough stock to make a soft dough and a few dashes of pepper (no salt). Flavour with bottled piquant sauce, minced fried onion, and a little mixed herbs. Fill a greased basin with this mixture, cover and steam for one hour. (*For 4 persons.*)

Cornish Pasties

2 raw potatoes
¼ lb. beefsteak
1 onion, small
Salt and pepper
Water or stock
½ lb. flour
¼ lb. dripping

Time: 1 hour. Temperature: Regulo Mark 6; electricity, 400° F.; solid fuel, moderately hot; oil, moderately hot

METHOD: Wash and peel the potatoes, and cut into dice. Wipe the meat and trim off some of the fat. Cut into dice, or mince. Chop or mince the onion Mix these all together in a basin, add salt and pepper, and about four tablespoonfuls of cold water or stock to moisten. Sieve the flour into a bowl, and rub in the dripping. Add a pinch of salt. Mix to a stiff paste with cold water. Turn on to a floured board, and roll out to about quarter-inch thickness. Cut into rounds about four to six inches across Place a little of the meat mixture in the centre of each round, wet the edges, fold over and press firmly together. Put on a greased tin with the pressed edge pointing upwards Flute the pressed edge with the fingers.

Bake on a greased tin for about one hour in a moderately hot oven, reducing the heat after twenty minutes (*For 4 persons.*)

Croquettes

About 1 lb. cooked meat
¾ oz dripping
1 oz. flour
⅓ pint stock
1 teaspoonful chopped parsley (optional)
Pepper and salt

To coat the croquettes:

1 beaten egg
Dried breadcrumbs

Time: 10–15 minutes. Temperature: hot

METHOD: Chop or mince the meat finely. Make a sauce with the dripping, flour and stock Add it to the meat. Mix with the parsley and seasonings Spread the mixture not less than one inch deep on a plate to cool When cold and firm, divide into equal sections and shape croquettes Brush with beaten egg Toss in breadcrumbs. Fry in smoking hot fat to a golden brown (*For 4 persons.*)

Haggis

The stomach-bag of a sheep

Salt and pepper
The pluck, i.e. the heart, liver and lights
4 onions
2 teacupfuls toasted oatmeal
½ lb. shredded beef suet
1 pint water in which the pluck has been boiled

Time. about 5 hours. Temperature: moderate

METHOD: Wash the bag well in cold water, then put into hot water, and scrape it Put into clean, cold water with a little salt and allow to soak overnight Wash the pluck well and put into a pan with the windpipe hanging over the side Cover with boiling water, add a little salt and boil for about two hours. Take out of the pan and allow to cool. When cold, cut away the windpipe. Parboil the onions. Toast the oatmeal to a golden brown in the oven. Mince about a quarter of the liver (the rest not being needed for the haggis) Mince the heart and lights and mix with parboiled onions and shredded suet. Add to these the oatmeal Mix together with salt and pepper and one pint of the water in which the pluck was boiled.

Croquettes

Haggis

Take the bag and fill with the mixture which should come to just over half full. Do not fill more than this or the bag may burst in boiling. Sew up the hole with needle and thread and put the haggis into a pan of boiling water. Boil for about three hours. Prick the bag occasionally with a needle to prevent it bursting Serve on a hot dish. (*For 6 persons.*)

Note: If preferred, you can make two smaller haggis with the same quantities of ingredients.

Ham (Baked)

Ham **Flour** **Water**

Time: according to size. Temperature· moderate, Regulo Mark 5; electricity, 375° F.; solid fuel, moderate; oil, moderate

METHOD: A baked ham is much more delicious than a boiled one, and will keep better. Soak the ham in cold water for a few hours. If it is very hard and salty, twenty-four hours will not be too long to soak it. Then soak it in lukewarm water for one hour, wash and scrape it, and trim off all the rusty smoked parts Cover the ham with a paste made of flour and water. Make sure it is covered all over, as any holes in the paste would allow the juices to escape. Bake in a moderate oven according to the size of the ham Allow twenty-five minutes to every pound up to twelve pounds, and fifteen minutes for every pound over twelve Remove from the oven when it is done, and take off the paste and the skin whilst still hot Cover the ham with raspings (baked breadcrumbs), and put back in the oven to brown.

Ham (Boiled)

Time: according to size Temperature: low

METHOD: Soak the smoked ham for twenty-four hours before cooking, then trim and scrape. Put the ham into a pan with cold water to cover it Bring slowly to the boil—this taking about an hour. Then cook slowly, allowing twenty minutes for each pound. If the piece of ham is very large the water may evaporate somewhat during this process, so replace with hot water, to keep covered While cooking, the ham should rest skin side downwards, to prevent sticking. Use pan with close-fitting lid, and do not prod meat with a fork or the juices will escape. When properly cooked strip skin from ham—it should peel away easily. If properly cooked the meat will have shrunk a little away from the bone, and any small bones may be easily detached.

Hamburgers

1½ lb. lean steak
1½ teaspoonfuls salt
¼ teaspoonful pepper
2 tablespoonfuls minced onion
1 egg
Fat to fry

Time: 15–20 minutes. Temperature. moderate



LOBSTER SALAD



RAGOUT OF BEEF WITH VEGETABLES

METHOD: Mince the steak finely and mix in the salt, pepper and onion. Beat the egg and mix thoroughly with the meat to bind Knead well, and pat into flat, round cakes about three-quarters to one inch thick.

Fry in a little hot fat, turning when cooked on one side, and lowering the flame to cook right through

This is sometimes served between a split roll with a ring of onions on the meat.

Haricot Mutton

6–8 cutlets from best end of neck of mutton
Dripping for frying
2–3 onions
Pieces of carrot, turnip and/or celery
½ oz flour
1 pint of stock (or water)
Seasoning
½ lb. cooked haricot (or butter) beans
A little chopped parsley

Time: about 2–2½ hours Temperature moderate

METHOD: Cut and trim the cutlets Heat dripping in pan and cook the meat on each side until browned Place cutlets in a fireproof dish. Sauté the cut-up vegetable in the fat for a few minutes, drain and add to the meat. Add the flour to the fat remaining in the pan, mix well and add the stock or water gradually Bring to the boil, cook for two minutes, season, and strain over meat and vegetables. Cover and simmer gently for 1½–2 hours

Serve on to a hot dish, with the meat piled in the centre and surrounded with the vegetables Pour the sauce over and garnish with cooked haricot beans, sprinkled with chopped parsley (*For 4–6 persons.*)

Hash

1 lb. cold beef or mutton
1 large onion
1 oz. butter or margarine
1 tablespoonful flour
½ pint stock or water
¼ lb. mushrooms or tomatoes
Seasoning

Time: about 30 minutes. Temperature: low

METHOD: Cut the cold meat into slices free from skin and gristle Chop the onion finely and put into a saucepan with the butter or margarine and cook over a low flame for a few minutes. Stir in the flour smoothly, and gradually add the stock or water. Any trimmings of the meat, and bones, can be put in the saucepan to simmer with the stock Peel the mushrooms, or tomatoes, and add either whole or chopped as liked Season with salt and pepper. Simmer gently until these are cooked, then take out any bits of gristle and bones and add the slices of meat. Leave just long enough for the meat to heat through, but do not boil, or the meat will toughen.

Serve on a hot dish, garnished with fingers of toast round the edge (*For 4 persons*)

Head (Boiled)

1 sheep's head	1½ oz. medium oatmeal or flour
2 carrots	Salt
2 turnips	Pepper
2 onions	Small bunch of parsley

Time: about 2¼ hours. Temperature · low

METHOD · Clean the head and split it Take out the brains. Soak in lukewarm water, about two hours. Tie the halves together with string and put into a saucepan with enough cold water to cover Bring to the boil and skim carefully Let it simmer for one hour Prepare the vegetables and throw them into the saucepan with the head. Cook for a further three-quarters of an hour and then thicken the stock with flour or oatmeal, previously stirred with a little cold stock or water. Season. Boil up again and continue simmering for another half an hour.

Take out head and remove the tongue. Skin this and serve at the side of the head with the vegetables arranged round the dish.

Hearts. Minced Meat Rounds

Next time the butcher offers you a heart, take it, but ask him to do you a favour by mincing it up with a little of some other meat. You can use this



Baked Sheep's Hearts

mixture for meat pies and rissoles, but it is excellent made into rounds. METHOD: Divide the minced heart-and-meat mixture into the required number of rounds, pat these loosely to make an even surface, but do not press. Fry in smoking hot fat for a few minutes, then turn them and cover the pan. Let them cook gently for about seven to eight minutes (the cooking time will vary with the thickness of your meat rounds). Then fry again without the lid for another three or four minutes.

Hearts (Stuffed)

4 sheep's hearts (1 per person)
Sage and onion stuffing (page 381)
4 thin slices of bacon
Salt and pepper
Flour and gravy browning

Time: 1½–2 hours. Temperature: Regulo Mark 7, electricity, 425° F.; solid fuel, hot, oil, hot

METHOD: Soak the hearts in water and wash thoroughly. Cut away the pipes and trim neatly. Fill with sage and onion stuffing and skewer a thin slice of bacon over the end of each one. Put into a tin with dripping and sprinkle with salt and a dash of pepper. Place a piece of greased paper over the top and bake in a hot oven for one and a half to two hours. Baste at intervals, and a quarter of an hour before the end of cooking remove the paper in order to brown the hearts. Take out and pour off the fat.

Make gravy with flour and browning and stock or water, and serve hot. (*For 4 persons*.)

Hotpot

1 lb. stewing steak or 1 lb. mutton cutlets from best end of neck
4–5 onions
2 lb. potatoes
Seasoning
Water
A little dripping if needed

Time: about 2½ hours. Temperature: Regulo Mark 2 or 3; electricity, 320° F.; solid fuel, low; oil, low

METHOD: Cut the meat into neat, but not small, pieces if beef is used, or into trimmed cutlets of mutton. Peel and slice the onions thinly. Peel the potatoes and cut them into thick slices. Arrange the meat, onions and potatoes in alternating layers in a hotpot or deep earthenware dish, seasoning each layer and putting potatoes as the final top layer. If the meat is very lean, top with small pieces of dripping. Pour over about 1 pint of cold water. Cover with a lid or a piece of greased paper or cooking-foil. Bake in a moderate oven for about 2½ hours. Half an hour before the hotpot is to be served, remove the lid or paper and increase heat of the oven a little so that the top layer of potatoes may become brown and crisp. (*For 4 persons*.)

Indian-Style Curry

1 lb. cold meat (mutton, veal or beef)
1 large onion
1½ oz. dripping or butter
½ oz. plain flour
1 dessertspoonful of curry powder
1 oz. sultanas
1 cooking apple
¾ pint stock
Seasoning
1 teaspoonful lemon juice
Boiled rice (4 oz. weighed before cooking)
Mango chutney

Time: 1½–2 hours Temperature: low

METHOD: Cut the meat into small neat cubes Slice the onion finely Melt the fat in a strong pan and fry the onion until a golden brown Stir in the flour and curry-powder, cook for two or three minutes, then add sultanas and chopped apple Stir well. Add the stock, bring to the boil, add seasoning and lemon juice, reduce heat, cover and simmer very gently for thirty to forty minutes. Add the meat, allow to re-heat thoroughly. Serve with a border of boiled rice, and sweet mango chutney

Throw the rice into boiling salted water and cook until tender. Rinse under the cold tap to separate the grains, and heat up again. Serve the curry in the centre of a dish, with a border of rice Or serve in a border of mashed potatoes Garnish with tomatoes if liked. *(For 4–6 persons)*



Indian-Style Curry garnished with tomatoes

Irish Stew

1 lb. neck or flank of mutton
¼ lb. (about 2) onions
½ pint hot water
Pepper and salt
1 lb. potatoes (after peeling)

Time about 2¼–2½ hours Temperature: low

METHOD: Trim the meat and cut it into neat pieces Put it into a stewpan with sliced onions and cover with the hot water. Add pepper and a pinch of salt and bring to the boil Simmer one and a quarter hours Wash, peel and slice the potatoes Add them to the meat and cook one hour longer. When cooked, arrange the potatoes round a hot serving dish, pile the meat in the centre and pour the gravy over (*For 4 persons*)

Note. You can use cooked meat, but add it only after the potatoes and onions are tender. Reheat quickly.

Kidney (Stewed)

1 lb. ox kidney or sheep's kidney
Flour
1 onion
1 oz dripping
Stock
Pepper and salt

Time about 1 hour Temperature · low

METHOD Remove the skin from the kidney, split and remove the core. Cut into pieces and powder well with flour Peel the onion and cut into rings Make the dripping hot in a stewpan and fry the kidney until brown. Add the onion and fry for a further few minutes Add enough cold stock to bind with the flour on the kidneys to a thick gravy Bring to the boil and season with pepper. Simmer gently until tender Add salt It will probably take from half to one hour. If necessary, thicken with flour, stirred with stock or water (*For 4 persons*)

Lamb (Baked and Stuffed)

2 breasts of lamb
Veal forcemeat (page 382)
Pepper and salt

Time 20 minutes to the lb and 20 minutes over. Temperature: Regulo Mark 4; electricity, 350° F., solid fuel, moderate; oil, moderate

METHOD · Bone the breasts, using a sharp-pointed knife, and trim away superfluous fat. Put the pieces of fat in the baking tin to render down for dripping. Spread the boned meat with veal stuffing mixture, seasoning with pepper and salt, and roll up Secure with skewers or thin string. Put the joints into the baking tin with the dripping, and bake in a moderate oven, basting frequently. (*Sufficient for 4–6 persons.*)



Baked and Stuffed Breast of Lamb

Lamb (Roast)

See Principles of Cookery, page 106

Liver (Baked and Stuffed)

¾ lb. sliced liver
4 slices fat bacon
1 teacupful breadcrumbs
1 onion
1 teaspoonful chopped parsley, ¼ teaspoonful herbs
Seasoning
A little beaten egg
A little stock

Time 45 minutes Temperature. Regulo Mark 2, electricity, 300° F.; solid fuel, low, oil, low

METHOD . Skin the liver where necessary Remove the rind from the bacon Lay the liver slices in a greased dish. Make the stuffing with the breadcrumbs, onion, parsley and seasonings Bind with beaten egg. Cover each strip of liver with this and place strips of fat bacon on top. Pour a little stock round, and bake slowly for three-quarters of an hour. Serve with mixed vegetables and mashed potatoes (*For 4 persons.*)

Liver or Veal (Stuffed)

6–8 slices of liver or veal

1 heaped tablespoonful flour
1 oz. dripping or margarine
½ pint stock or water
Seasoning
¼ lb chopped mushrooms, or onions

Time: about 35 minutes. Temperature. Regulo Mark 4; electricity, 350° F., solid fuel, moderate, oil, moderate

METHOD: Wipe and dry the slices of liver or veal Well powder with flour Place on a greased baking tin or sheet Make the stuffing as follows Melt the fat in a saucepan, and stir in the flour Add the stock or water gradually, stirring all the time to keep perfectly smooth Season The paste should be rather thick Boil gently for four to five minutes, stirring all the time Heap this on the slices in the baking tin. Sprinkle with the chopped mushrooms or onions, and bake in a moderate oven, middle shelf, for about half an hour. Test with a fork if you are in doubt as to whether the meat is cooked enough Serve with vegetables (*For 4 persons*)

Lobscouse

1½ lb. stewing lamb
About 1 pint water
Seasoning
3 or 4 onions
Root vegetables—swedes, carrots and turnips
1 lb potatoes
Pickled red cabbage

Time 2½–3 hours Temperature: low



Stuffed Liver with Vegetables

METHOD: Cut the meat into neat pieces and remove surplus fat. Put it into a large pan and barely cover with cold water. Add salt and pepper Prepare vegetables, add onions whole, and root vegetables cut into large pieces. Bring to the boil. Skim and simmer very gently for two hours Put the potatoes, cut into large pieces, on top of the lobscouse, bring to the boil again and simmer for another three-quarters of an hour. Arrange the meat, *root vegetables and onions on a serving dish, with the potatoes* Pour the liquor over and serve with pickled red cabbage (*For 4–6 persons*)

Meat Ball Crock

Water
Seasoning
3–4 lb. prepared raw vegetables, such as carrots, turnips, onions, celery, potatoes, and any other vegetables in season
2 cupfuls raw minced meat
2 eggs
Bottled sauce

Time about 2¾ hours. Temperature. moderate to low, Regulo Mark ½–1, electricity, 275–280° F.; solid fuel, low; oil, low

METHOD In a large saucepan bring a cupful of water to the boil Add a dessertspoonful of salt, and put in the prepared vegetables Add extra boiling water to reach half-way up the vegetables Cover with a lid and leave to boil briskly for half an hour. The stock should now cover the vegetables Add more boiling water, if necessary While the vegetables are boiling, prepare the meat balls Mix the meat with the eggs and season with a little bottled sauce and salt and pepper. Shape into balls between the palms of your hands. Throw these into the boiling stock with the vegetables, and cook for a few minutes Pour contents of the saucepan into a slightly-greased and warmed casserole Cover with a lid This lid should have a small hole. Otherwise tilt it so slightly that only a very little steam is allowed to escape Put into a slow oven, bottom shelf, for at least two hours In lowest heat it can be left all day Serve in the crock or casserole straight to the table (*For 4–6 persons*)

Mince (Cooked Meat)

1 oz. dripping, butter or margarine
1 onion
1 oz. flour
½ pint stock (or water)
1 lb. cooked meat, minced
1 tablespoonful mushroom ketchup (or piquant sauce)
Pepper and salt
Mashed potatoes (about 1 lb.)

Time· about 25 minutes Temperature: moderate

METHOD: Melt the fat in a pan and fry the sliced (or chopped) onion until soft and golden. Stir in the flour and continue cooking and stirring until nicely browned Add the stock slowly and cook over very moderate heat, stirring all the time, until the stock is smooth. Add the minced meat and

ketchup, and adjust seasoning to taste Bring to boiling point and simmer for a few minutes Serve in a border of mashed potatoes, with a green vegetable in season (*For 4–6 persons*)

Mince (Fresh Meat)

1 lb. stewing beef
¾ oz dripping
1 onion
½ pint stock or brown gravy
Pepper and salt
1 dessertspoonful mushroom ketchup
Good pinch nutmeg
2 tablespoonfuls brown breadcrumbs
Small triangles of toast

Time about 35–45 minutes Temperature low

METHOD · Mince the meat, including some fat. Melt about three-quarters of an ounce of dripping in a pan and add finely-chopped onion Cook for a minute or two, then add the minced meat Stir well with a fork or wooden spoon until all redness has disappeared and the meat commences to brown Add the stock or gravy with seasoning to taste Cover and simmer over low heat for about thirty minutes Stir in the ketchup, nutmeg and breadcrumbs about ten minutes before serving Dish up the mince on a deep, hot dish and garnish with the triangles of toast If liked, border the dish with mashed potatoes, cooked rice, spaghetti or macaroni (*For 4–6 persons*)



Mince made from Fresh Meat

Pig's Feet

2 pig's feet
Stock or water
1 onion
1 carrot
Bouquet garni or large pinch of mixed herbs
2–3 outer sticks of celery
2 cloves (optional)
Salt and pepper

Time: about 2 hours Temperature: low

METHOD: Wash the feet carefully. Split in halves, and bind securely with tape to keep in shape. Put into a large saucepan with enough stock or water to cover with the onion, carrot, bouquet garni or mixed herbs, celery, cloves and salt and pepper. If the feet have been salted, salt will not be required. Simmer very gently until tender. Drain, remove tape and draw out the large bones Press between two dishes until they are cold and stiff. When wanted for use, dip them in clarified fat and coat with breadcrumbs Fry until lightly browned all over. (*For 4 persons.*)

Pig's Fry

About 1 lb. pig's fry
Salt and pepper
Pinch of powdered sage
1 dessertspoonful flour
1 Spanish onion
Little fat for frying
2 cooking apples
Little butter

Time: about 30 minutes. Temperature: moderate

METHOD: Pig's fry consists of liver, heart, lights and sweetbread. An economical supper dish and particularly good cooked in the following way and served with apples. Wash the fry well, put it in a stewpan with half a teaspoonful of salt, cover with water, simmer gently for twenty minutes Drain and, when cold, dry with a clean cloth and cut in rather thin slices. Mix a seasoning of salt and pepper and the powdered sage with the flour. Dust the pieces of fry with this Peel and slice the onion and fry in a little dripping with the fry, until nicely browned Place on a hot dish Peel and slice the apples, and fry them in a little butter Place them round the fry Serve gravy separately. (*For 4 persons.*)

Pig's Head

1 pig's head
Mixed vegetables (see Calf's Head)
Pease pudding (page 332)

Time 2 hours. Temperature. low

METHOD Buy a pig's head which has been salted by the butcher Wash it, and put into a large saucepan with enough cold water to cover it, add vegetables to flavour (see Calf's Head) Simmer gently for two hours from the time the water boils Skim carefully from time to time. Serve on a hot dish, with pease pudding.



Pork Pie

Pork Pie

¼ pint hot water	**½ lb. sausage meat**
5 oz. lard	***¼ teaspoonful pepper***
12 oz. flour	**½ teaspoonful salt**
1 teaspoonful salt	**A pinch of mixed herbs, if liked**
½ lb. pork	**1 egg**

Time: about 2 hours. Temperature Regulo Mark 6, electricity, 400° F; solid fuel, moderate, oil, moderate

METHOD: Boil the water and fat together. Warm the flour together with a teaspoonful of salt. Make a well in the centre and add the liquid Mix and knead well until the dough is soft Line a greased pie-mould or cake tin with the pastry. Cut the meat into cubes and add sausage meat, seasoning, herbs if used and one tablespoonful of water. Put the meat into the pastry case. Brush the edges of the pastry with beaten egg. Roll out a piece of pastry to fit the top and place it on, pinching the edges firmly together Make a hole in the centre of the pie. Decorate with pastry leaves Brush the whole with beaten egg and bake at once Cook for half an hour in a fairly hot oven and then for a further hour and a half at a moderate temperature (*For 6 persons*)

Note If necessary, cover with greaseproof paper to prevent over-browning Make a little liquid jelly with stock and gelatine (one teaspoonful gelatine dissolved in a quarter pint of hot stock), and when the cooked pie is cool make a hole in the top crust Pour liquid jelly into pie through a funnel.

Pork (Roast)

As pork, to be digestible, must be properly cooked, it would be advisable for the cook to study the Principles of Cookery before roasting a joint of pork. The meat should be very well done, and no blood should run from it when pricked with a fork. If it does, the meat is not cooked enough to eat. Always buy pork from a reputable butcher, as inferior pork can be highly dangerous to health.

Potato and Meat Pie

½ teaspoonful baking powder
4 oz. flour
2 oz. dripping
½ lb. mashed potatoes
Water
1 lb. cooked meat
About ¼ pint heated stock
Pepper and salt
1 teaspoonful ketchup or thick bottled sauce (optional)
A little milk

Time: about ½ hour. Temperature: Regulo Mark 7; electricity, 400°–425° F.; solid fuel, hot, oil, hot



Potato and Meat Pie

METHOD: Mix the baking powder with the flour. Rub in the fat. Then mix the potatoes, adding enough water to form a stiff paste. Roll out to a quarter of an inch thickness. Mince or chop the meat finely. Mix with the stock, seasonings and bottled sauce if used. Line a greased plate with potato pastry. Fill with prepared mince. Cover with the other half of pastry. Mark the edge and brush with milk. Bake in a fairly hot oven for half an hour. *(For 4 persons.)*

Ragout

(Beef, Veal or Lamb)

1 lb lean beef or veal or lamb	Salt and pepper
1 oz. dripping	Carrot
Onions	Turnip
1 oz. flour	1 tomato or 1 tablespoonful ketchup (optional)
1 pint stock	

Time: 1½ hours. Temperature: moderate to low

METHOD: Wipe the meat and cut into small neat pieces. Melt the dripping in a stewpan. When smoking hot, add the meat, and quickly brown on both sides. Drain the meat on to a plate. Put an onion, cut into rings into the hot fat and fry until light brown. Stir in the flour and allow to brown slightly. Add the stock gradually, stirring well to keep smooth. Season with salt and pepper and bring to the boil. Return the meat to the pan and add a carrot and turnip cut into strips Simmer gently for about one hour. Pile the meat on to a hot dish. Boil up the sauce, add tomato or ketchup if used and skim thoroughly. Taste for seasoning and then strain over the meat. *(For 4 persons.)*

Ravioli

6 oz. cold cooked beef or salt beef or veal	1 egg, well beaten
A pinch mixed herbs	8 oz. flour
1 lb. chopped spinach (optional)	2 saltspoonfuls salt
1 tablespoonful grated Parmesan or other cheese	2 teaspoonfuls olive oil or melted margarine. Lukewarm water
Seasoning	Milk

Time: 10–20 minutes. Temperature: moderate

METHOD: Mince the meat and mix with the herbs, spinach, cheese, salt and pepper, and the beaten egg. Make the pastry by sifting the flour and salt into a bowl, stir in the oil or melted margarine and enough lukewarm water to make a pliable dough. Divide into two portions and roll each into a thin sheet, just thick enough to hold the meat mixture. On one sheet of pastry put "blobs" of the meat mixture at one-inch intervals, and moisten the paste in between with milk. When the pastry sheet is covered with these blobs, place the second sheet on top and press down between the blobs to make the paste stick, and cut into small squares.

Cook these squares just before they are required. Have a saucepan of boiling salted water ready and throw the squares into it. Boil for ten to twenty minutes When they are cooked enough, they will rise to the top. Serve very hot. If you wish, serve with tomato sauce and/or melted butter (*For 4 persons.*)

Rissoles (Cold Meat)

½ lb. cold meat
1 oz butter or margarine
1 oz. flour
⅓ pint stock
Salt and pepper
1 dessertspoonful chopped parsley

For the pastry:
6 oz. flour
3 oz. butter, or other fat
Fat for frying

Time. about 10 minutes Temperature very hot

METHOD: Mince the meat finely. Put the one ounce of fat into a stewpan and, when melted, stir in the one ounce of flour. Add stock gradually and stir and cook until thick. Mix the meat into this, season with salt and pepper and add the parsley Turn on to a plate to cool Sieve the six ounces of flour into a basin and rub in the three ounces of fat. Add just enough water to make a very stiff paste

Roll out thinly on a floured board and cut into rounds with a two-and-a-half-inch pastry cutter Put a small quantity of the meat mixture on to each round of pastry, wet the edges, fold over, and press well together. Fry in very hot fat until golden brown. Drain well, and serve on a hot dish arranged neatly (*For 4–6 persons*)

Shepherd's Pie

½–1 lb. cold cooked meat
1 oz. butter, margarine or dripping
2 peeled chopped onions
½ oz. flour
½ pint stock or water
Salt and pepper
¼ pint hot milk
1 lb. mashed potatoes
Tomatoes for garnish (optional)

Time about 30 minutes Temperature. Regulo Mark 6; electricity, 400° F.; solid fuel, moderate; oil, moderate

METHOD: Mince or chop the meat finely. Melt half of the fat in the pan. Add the onions and fry until pale brown Stir in the flour and then add the stock or water gradually. Stir until thick. Season to taste Add the meat Place in a greased pie dish Beat the remaining fat and the hot milk into the mashed potatoes. Spread over the meat. Decorate and prick with a fork (tomatoes cut in half slices make an attractive decoration) Dot with margarine or dripping. Bake in a hot oven until brown. This should take about twenty to twenty-five minutes. (*For 4 persons.*)

Steak Fillet (Garnished)

1 lb. fillet of steak — **2 oz. macaroni**
1 tablespoonful salad oil — **1 lb tomatoes**
Salt and pepper — **2 oz. butter or margarine**
1 tablespoonful pimento sauce

Time about 35 minutes Temperature moderate

METHOD · Brush the steak over with the oil, sprinkle with salt and pepper, and leave for an hour. Boil the macaroni until tender Reserve one tomato Slice the others and stew them with the butter and some salt and pepper When quite soft, rub through a sieve, mix with the pimento sauce and make very hot Slice and fry the remaining tomato Grill the steak, surround it with the macaroni. Serve the sauce separately Garnish with fried tomato *(For 4 persons.)*

Steak (Grilled)

See Principles of Cookery, page 38



Shepherd's Pie

Steak and Kidney Pie

1 sheep's kidney (or 4–6 oz. other kidney)
½–1 lb. stewing steak
Flour
Salt and pepper
A little fat or bacon
About ¾ pint stock or water
Rough puff pastry, from 6 oz. flour or more, according to the thickness of crust you fancy (page 182)

Time: 2½–3 hours. Temperature: Regulo Mark 6; electricity, 400° F.; solid fuel, moderate; oil, moderate

METHOD: Wash the kidney and cut in thin pieces. Remove the core. Cut the steak into thin slices. Powder with seasoned flour. Put a piece of kidney on each slice of steak and, if you like, a small piece of bacon or fat. Roll up the steak. Half fill a pie dish with the meat rolls. Add a little stock. Put the rest of the rolls of steak on the top. Roll out the pastry to about one-third inch in thickness, rather larger than the pie dish to be covered. Cut off a strip round the pastry. Wet the edges of the dish and place the strip round. Wet the edge again and place the remaining piece of pastry over the pie. Trim off the rough edges of the pastry and decorate. Cut a hole in the middle of the pie to allow the steam to escape while baking. Roll out the trimmings and cut leaves. Place these round the hole in the middle of the pie. Brush all over with beaten egg. Place the pie in a hot oven until the pastry is set, then reduce the heat and cook until the meat is tender. The pie will take two and a half to three hours to cook. If pastry browns too quickly, protect with greaseproof paper and lower heat. (*For 4 persons.*)

Steak and Kidney Pudding

1 lb. stewing steak
4 oz. ox kidney
Little flour
1 small onion
1 or 2 mushrooms (optional)
Suet pastry (page 187)
Seasoning
Pinch mixed herbs (optional)
¾ pint water

Time: 2½–3 hours. Temperature: moderate

METHOD: Chop the steak and kidney into small pieces, removing core from kidney. Dust the pieces with seasoned flour. Peel and chop onion and mushrooms, including scraped stalks of latter. If small, leave mushrooms whole. Roll out suet pastry. Cut a small circle to fit bottom of greased basin, then a long strip to line sides. Moisten edges of paste at bottom of basin and press together firmly. Save about a third of the total amount of paste to make a cover. Fill up with meat, onion and mushrooms, adding other flavouring and seasoning as required. Pour in water and cover with remaining suet pastry, moistening edges and pressing them firmly together. Cover with

greaseproof paper, then with a cloth, tying down securely. Have ready saucepan containing boiling water to reach half-way up sides of basin when added. Cover with close-fitting lid, and cook at steady pace for two and a half to three hours. Add extra boiling water as it evaporates (*For 6 persons.*)

Sweetbread Casserole

1 lb. sweetbreads
½–1 carrot
2 sticks celery (optional)
1 tomato (or 2 tablespoonfuls tomato sauce or purée)
3 slices bacon (preferably streaky)
1 pint stock
Pepper and salt
1 oz. margarine
1 oz flour
1 teaspoonful Worcester sauce (optional)

Time. about 1¼ hours Temperature: moderate

METHOD: Blanch sweetbreads by putting them in cold water and bringing them to the boil. If sweetbreads are from a beef animal, soak in salted water one hour before using Then put in fresh water and parboil Tubes and membranes should then be removed as far as possible Prepare the vegetables and cut small Put them in the saucepan and place the sweetbreads on top. Cover with thin slices of bacon, add stock, season, and simmer for one hour. Brown the sweetbreads under a hot grill. Strain the gravy Melt the margarine, add flour and stir until smooth Add gravy, sauce, and a little brown colouring if necessary. Stir until boiling. Cook for about two minutes Place the vegetables in a hot dish. Arrange the sweetbreads on top. Pour the sauce round. (*For 4 persons.*)

Thick Meat Slices (Stuffed)

4 moderately thick slices of corned beef, or cold meat
1 level tablespoonful butter or margarine
1 rounded tablespoonful plain flour
About ½ pint of water or stock
Seasoning
Chopped mixed herbs

Time: about 25 minutes. Temperature: Regulo Mark 4; electricity, 350° F.; solid fuel, moderate; oil, moderate

METHOD: Slightly grease a baking tin or sheet Cut the meat into slices and arrange on this. Melt the butter or margarine in a saucepan. Add the flour and stir. Keep on a low flame and add the liquid, a very little at a time, stirring to keep perfectly smooth. Boil gently for four to five minutes, stirring all the time. It should then begin to detach from the sides of the saucepan wherever your spoon scrapes. Add a few dashes of pepper, very little salt, and a little mixed herbs. Heap this savoury stuffing on top of the slices of meat in the tin, and bake in a moderate oven, middle shelf, for about twenty minutes. (*For 4 persons.*)

Toad-in-the-hole

¼ lb. flour | **1 beaten egg**
¼ teaspoonful salt | **½ pint milk**
1 lb. sausages

Time: 35–45 minutes Temperature. Regulo Mark 6; electricity, 400° F; solid fuel, moderate; oil, moderate

METHOD Sieve the flour and salt into a bowl. Make a well in the centre, drop in the egg and stir in half the milk. Stir until smooth. Now beat the batter until air bubbles rise Stir in the rest of the milk. Cover the batter and let it stand for an hour. Remove the skins of the sausages and put them into a well-greased pie dish. Make very hot Pour the batter over the sausages and bake in a fairly hot oven for about three-quarters of an hour *(For 4 persons)*

Tongues (with Paprika Sauce)

2 calves' tongues
1 carrot
1 stick of celery
1 onion
1 turnip
Small bunch of herbs, or a pinch of mixed dried herbs
Stock or water
Salt and pepper
A savoury sauce (pages 357–373)

Time: about 3 hours Temperature · low

METHOD Wash the tongues. Put them into a saucepan with the vegetables and herbs, and enough stock or water to just cover them Season with salt and pepper. Bring to the boil, then simmer gently until they are tender, about three hours Take them from the saucepan and skin them Trim roots and small bones away Strain the liquid in which the tongues have cooked, and use to make the savoury sauce Serve on a hot dish with the savoury sauce separately Paprika sauce goes well with this *(For 4–6 persons)*

Tongue (Pressed)

1 ox tongue | **Bouquet garni, or mixed herbs**

Time: 3–4 hours Temperature low

METHOD . Obtain a pickled ox tongue. Soak it for two or three hours in cold water Put it into a large saucepan with plenty of cold water and a bouquet garni or a sprinkling of mixed herbs Bring to the boil and simmer gently until tender. Remove scum as it rises. The time to cook varies according to the size of the tongue, usually three to four hours When tender, lift out and take off the skin. This should come off easily if the tongue has been cooked sufficiently Trim the roots and remove any bones Press the tongue, fat inwards, into a tin just large enough to hold it and place a plate and a weight on top Leave until cold. Turn out, glaze, and garnish with parsley.

Tongues (with Savoury Sauce)

4 sheep's tongues **Stock** **½ pint onion sauce (page 368)**

Time · 1¼–2 hours. Temperature. low

METHOD · Wash the tongues well Put into a saucepan with enough boiling stock to cover them and simmer gently until tender, about one and a half to two hours Take them up, skin them and trim roots, removing small bones Cut lengthwise in halves Arrange on a hot dish with the roots inwards Pour onion sauce in the centre of the dish and serve (*For 4 persons*)

Tripe (Stewed)

1–1½ lb. tripe
½ pint milk
1 onion
Sprig of parsley
1 oz. butter
1 teaspoonful flour
Salt and pepper
Pinch of grated nutmeg

Time 1¾ hours Temperature · low

METHOD · Wash the tripe, dry it, and cut into small pieces Put it in a stewpan with the milk and add water until the tripe is well covered Add the sliced onion and parsley and simmer for three-quarters of an hour. Then knead the butter and flour together and stir them in Season with salt and pepper and the nutmeg, if liked. Simmer for an hour longer, and serve very hot

Veal (Fricassee of)

1 lb veal
Nut of butter or dripping
Stock and milk
Mace
Salt and pepper
Lemon rind
Cornflour
⅛ pint cream or milk
Yolk of 1 egg
Lemon slices to garnish

Time About 40 minutes Temperature: low

METHOD · Cut the veal into small pieces, free from skin and fat Melt a nut of butter or dripping in a pan, and cook the veal pieces in this for about five minutes, taking care not to brown Pour over enough stock, or half milk half stock, to barely cover the meat, and simmer gently, covered, for about twenty to thirty minutes, or until tender Flavour with mace, salt and pepper and a little grated lemon rind Blend a little cornflour with a small quantity of stock or milk, and stir this into the saucepan with the other ingredients Boil up and simmer for a few minutes, then add the cream or milk

Take the pan off the flame and allow to cool.

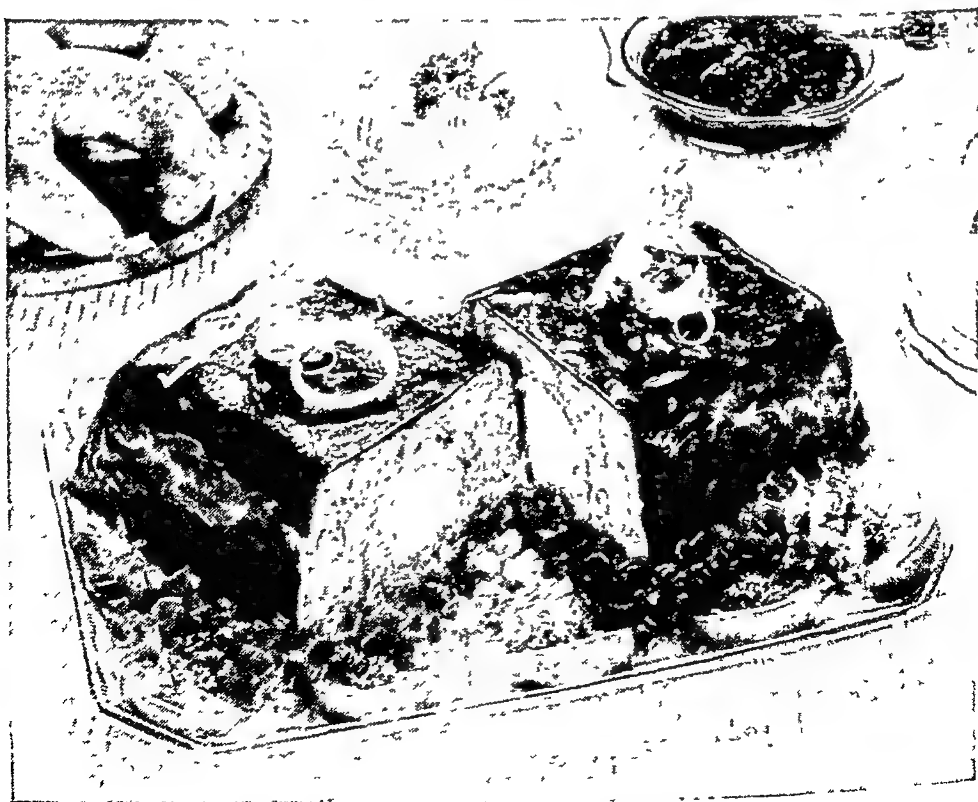
Beat the egg yolk Mix a little of the sauce with it, and then add it gradually to the saucepan with the rest of the ingredients Shake the pan over a flame for a few minutes to heat up, then turn out on to a hot dish and garnish with slices of lemon (*For 4 persons*)

Veal and Ham Pie

Hot-water pastry (see page 188), from 8–12 oz. flour
1 teaspoonful chopped parsley
¼ teaspoonful pepper
½ teaspoonful salt
Grated lemon rind, optional
Pinch of herbs
¼ lb. raw bacon or ham
1 lb. fillet or shoulder of veal
About ¼ pint stock
1 hard-boiled egg

Time: 2–2½ hours. Temperature: Regulo Mark 7; electricity, 425° F.; solid fuel, hot; oil, hot

METHOD: Line a loaf tin with pastry, reserving some for the pastry lid Chop the parsley and mix all the seasonings together. Remove rind from the bacon and cut into neat pieces. Wipe the veal and cut into pieces about two inches in length. Dip the veal into the seasonings. Place a layer of veal at the bottom of the pastry-lined tin, then a layer of bacon. When the tin is half full, put in a little stock and the hard-boiled egg sliced, then fill the tin with the rest of the bacon and veal. Cover with the pastry. Seal the edges Make a vent in the centre. Decorate with pastry leaves. Bake for half an hour in a hot oven, then in a moderate oven for a further one and a half to two hours. Cover with greaseproof paper when browned. (*For 6 persons*)



Galantine of Veal

Veal (Galantine of)

1 lb. of stewing veal
½ lb. pork sausage meat
2 eggs
6 oz. breadcrumbs
¼ pint stock
Pepper and salt
Meat glaze (page 327)
1 hard-boiled egg (optional)

Time: about 2 hours. Temperature: moderate

METHOD. Wipe the meat and remove any skin or gristle Cut into pieces and pass through the small holes of a mincing machine Beat the eggs well, and mix the meat and breadcrumbs with these, adding the stock and mixing all together smoothly. Season with salt and pepper Form into a roll and tie into a cloth Cook in a pan of boiling water with a few pieces of vegetable to flavour, or in the stockpot, for about two hours When cooked, remove the cloth carefully, and roll up in a clean, dry cloth, tying the ends tightly with string. Press between two plates until cold (or place in an oblong tin with a weighted plate on top)

Remove the cloth, and brush over the galantine with meat glaze If liked, put a hard-boiled egg in the centre of the galantine before cooking

Veal (Roast)

See Principles of Cookery, page 106

Veal (Rolled)

3 oz. breadcrumbs
1½ oz. shredded suet
Seasoning
A little grated lemon rind
¼ teaspoonful mixed herbs
1½ teaspoonfuls chopped parsley
1 egg
Milk, if necessary
2 lb. breast of veal
Dripping
A few rashers of streaky bacon

Time: about 40 minutes Temperature: Regulo Mark 4; electricity, 350° F, solid fuel, moderate; oil, moderate

METHOD: Make the stuffing by mixing the dry ingredients and fat together and binding with beaten egg Add a little milk, if necessary to bind Wipe, bone and trim the veal Spread with the stuffing and roll up Sew firmly. Put in a roasting tin with dripping, and bake in a moderately hot oven for about forty minutes Take from the tin and remove the thread Pour off the fat and leave the brown sediment Make gravy in the tin with flour and stock or water. Add pepper and salt and strain round the veal Garnish with the cooked bacon. (*For 6 persons*)

Poultry – Rabbit – Game

FOR BUYING, preparing and the basic rules of cooking, please turn to page 110 of the Principles of Cookery.

Chicken (Breast of, or Last Pickings) à la Reine

Breast of cooked chicken or last pickings
Seasoning
German sauce (page 365)

Time: about 20 minutes. Temperature: Regulo Mark 5; electricity, 375° F.; solid fuel, moderate; oil, moderate

METHOD: Cut the breast of chicken into neat pieces, or remove all the last pickings from the carcase. Season with salt and pepper. Put into a heated fireproof dish and coat with the hot sauce. Keep a short while in the oven, or under the grill to reheat. Do not cover.

Chicken Casserole

1 onion, carrot and turnip
½ lb. tomatoes
1 chicken
1 oz. dripping
2 oz. bacon (or trimmings)
1 oz. flour
Pepper and salt
A blade of mace, 1 bay leaf

Time: about 2–2½ hours. Temperature: Regulo Mark 4; electricity, 350° F.; solid fuel, moderate; oil, moderate

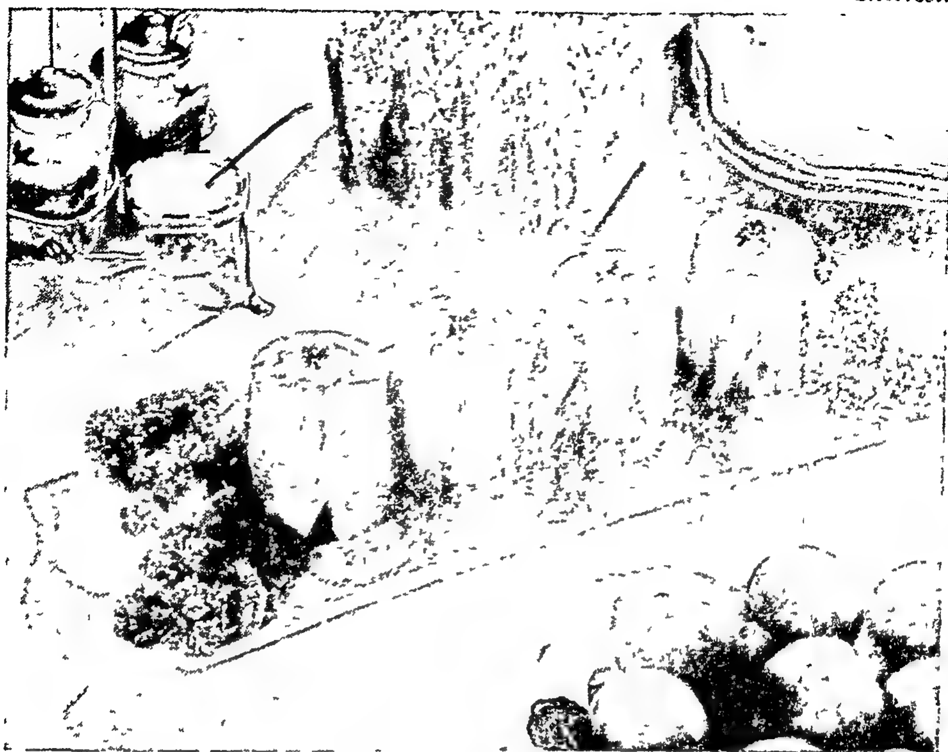
METHOD: Peel the onion and turnip. Scrape the carrot. Cut into small pieces Put the tomatoes into boiling water for a minute, and then the skins will come off easily Cut into pieces. Cut the chicken into neat pieces.

Melt the dripping in a pan, and fry the vegetables and bacon. Dredge the chicken pieces with flour, salt and pepper. Put into a casserole with the browned vegetables, and add the tomatoes, bay leaf and mace Cover with warm water, place the lid on and cook in a moderate oven for about two to two and a half hours If the gravy is not sufficiently thick when the dish is cooked, add a little flour blended with cold water and allow to boil. (*For 4–6 persons.*)

Chicken (Darioles of) in Aspic

Breast of cooked chicken
Aspic jelly (page 326)
Truffles, or mushrooms, or carrots
Parsley for garnish

METHOD: Cut the chicken in neat slices. Pour a little aspic jelly into each of six or eight dariole moulds When firm, decorate with pieces of truffle or mushrooms, or with carrots, cut into fancy shapes. Set these in a little



Chicken Darioles in Aspic

more aspic jelly When this is set, place the pieces of chicken in an upright position in the moulds, two or three pieces in each dariole Fill up with aspic jelly, taking care to keep the pieces of chicken upright Put into a cool place to set When ready to serve, dip each mould into warm water and turn out on a cold dish Decorate with chopped aspic jelly and a few sprigs of parsley, or other garnish as desired (*For 4 persons*)

Chicken (Fried) à la Villeroi

1 chicken	Bouquet garni
1 onion	2 cloves
1 carrot	¾ pint Villeroi sauce (page 373) (optional) or a thick white sauce, meat-flavoured
2 oz. bacon	Breadcrumbs
1 oz. butter or margarine	2 eggs
½ pint stock	Fried parsley
Salt and pepper	

Time · 1½–2 hours. Temperature · hot

METHOD Prepare and truss the chicken Peel the onion, scrape the carrot, and cut into slices Dice the bacon. Melt the fat in a pan Put in the vegetables and bacon and the chicken, and fry until golden brown Then pour in the stock gradually, season well and add the bouquet garni and cloves

Cover with a tightly-fitting lid and cook on a top flame, or in the oven, until the chicken is done. Take out the bird, untruss, and cut into joints. Leave to get cold. Dip each piece into Villeroy sauce (or other thick white sauce), and lay on a greased tin. Leave to get quite cold and set. When ready, roll each piece in breadcrumbs Beat the eggs well, and dip each piece in these Toss again in breadcrumbs. Fry in very hot fat a golden brown. Drain and dish up garnished with fried parsley.

Chicken Mayonnaise

2 hard-boiled eggs
1 cooked chicken (steamed, boiled or roasted)
4 tablespoonfuls aspic jelly (page 326) or savoury jelly
½ pint mayonnaise sauce—bought or home made (page 350)
Truffles or mushrooms (optional)
1 large cos lettuce or 2 round ones
2 tomatoes

METHOD · Boil the eggs hard, peel off shell and cut into quarters. Divide the chicken into neat joints, removing the skin Mix four tablespoonfuls of aspic or savoury jelly with the mayonnaise sauce, and when it is beginning to set, coat the chicken joints with it, giving several layers until a good covering is achieved. Decorate with the truffles, or slowly-fried mushrooms, cut as wished

Glaze each piece of chicken with half-set aspic or savoury jelly, taking care not to disturb the under layer.

Wash and dry the lettuce Break into small pieces and put some in the centre of a dish. Lean the chicken pieces on this as high to the centre as possible Make a border of lettuce round the dish, and decorate with chopped jelly and wedges of tomatoes, and the eggs

Serve cold (*For 4–6 persons.*)

Chicken Pie

½–1 chicken
Salt and pepper
½ lb veal, preferably fillet
3 hard-boiled eggs
¼ lb. mushrooms
1 oz. butter, lard or margarine
4 oz. bacon
Chopped parsley
Puff pastry, from 6–8 oz. flour (page 186)
Stock (from veal, chicken, or rabbit bones)
Beaten egg for glazing pastry

Time · about 1½ hours. Temperature Regulo Mark 8; electricity, 475° F., solid fuel, hot; oil, hot

METHOD Cut the chicken into small joints, and season these with salt and pepper Slice the veal and the hard-boiled eggs thinly. Chop the mushrooms and *sauté* (shallow fry) them in the fat. Chop the bacon and parsley Roll out the pastry and lay a thin strip round the edge of a pie dish. Put a layer of veal in the bottom of the dish, then a layer of chicken. Sprinkle half the mushrooms over, then a layer of hard-boiled eggs, and over this a layer of

chopped bacon and parsley. Continue in this way until all the ingredients are in the pie dish Moisten with two tablespoonfuls of stock Wet the strip round the edge lightly with water. Cover with the rest of the pastry, pressing down and trimming the edges Brush with beaten egg and make a hole in the centre. Decorate with pastry leaves, and brush these with egg. Bake in a moderate oven for about one and a half hours (*For 4–6 persons*)

Note· More hot stock can be poured in through the hole in the pastry before serving the pie If too much is put in the dish before cooking it may boil up and saturate the underside of the pastry crust, or even boil out of the pie dish

Chicken (Pilau of)

1 tomato
1 chicken
Stock
1 oz bacon or bacon rinds (optional)
2 button onions
Little lemon rind
½ blade mace
Salt and pepper
2 oz rice
½ pint hot brown sauce (page 359), or any savoury sauce made with chicken stock

Time 45 minutes–1 hour Temperature. low

METHOD : Skin and cut up the tomato into a stewpan. Cut the chicken into neat joints Put them in the stewpan with enough stock or water to half cover the pieces (quite three-quarters of a pint) Add the bacon rinds, peeled onions, lemon rind and mace, tied in a little muslin Season and bring to the boil Boil for thirty-five minutes Throw in the washed rice and simmer gently until it is tender and all the liquid is absorbed Stir frequently while the rice is cooking to make sure it does not burn. If necessary, add a little more hot white stock or water Remove the muslin Serve the pilau piled in a dish and pour brown or other savoury sauce over it. (*For 4–6 persons*)

Chicken (Roast, with Watercress)

1 chicken
2 oz. butter or dripping (preferably bacon fat)
Watercress
Bread sauce (page 359)

Time: about 1 hour. Temperature· Regulo Mark 4; electricity, 350° F.; solid fuel, moderate, oil, moderate

METHOD . Prepare and truss the chicken Put the butter or dripping into a tin, and place in the oven to get hot When hot, put the prepared chicken into the tin and baste well with the fat Roast for half to one hour, according to size Cover with greased paper if the outside gets too brown Baste frequently When it is done, take from the tin, draw out the skewers and string, and place on a hot dish Garnish with watercress Pour off the fat from the tin, and make gravy (page 170) in this. Serve the gravy and bread sauce separately. (*For 4 persons*)

Chicken (Sauté, with Cream)

1 chicken
Salt and pepper
1 oz. butter or margarine
½ oz. flour
½ pint cream or milk
½ lemon
Chopped parsley

Time: about 30 minutes–1 hour. Temperature: low

METHOD: Cut the chicken into neat joints Sprinkle with salt and pepper Melt the fat in a stewpan. Put in the chicken, and fry light brown on both sides Drain off the fat, leaving the chicken still in the pan. Mix the flour with a little of the cream or milk, and gradually add the rest, stirring well Pour this over the chicken, and cover with a lid. Cook gently for about thirty minutes. At the end of this time, or when the chicken is tender, take it out and place on a hot dish. Add a little butter to the sauce if liked, or a small nut of margarine, and the juice of half a lemon. Pour this over the chicken and allow to simmer in the sauce for thirty to forty minutes. Sprinkle with chopped parsley. (*For 4–6 persons.*)

Duck (Roasting)

Time: 20 minutes for every pound

METHOD: Have the bird all ready prepared. Heat the roasting tin. Pour one-inch-deep boiling water into the tin Place the bird breast *downwards* into the tin Leave to cook this way until the water has evaporated, so that the bird is lying in a rather light-coloured greasy gravy. This is the time to turn it over on its back When the bird has cooked for about ten to fifteen minutes, and the breast looks dry, take a sharp-pronged fork and prick into the skin all over Prick particularly well where it is fat, i e near the breast-bone and between the body and thighs. Prick carefully, so that you pierce the *skin only* and *not* the meat. Any mistake in this direction will show itself by blood oozing out instead of fat If this happens, you know that you have to prick more loosely.

Repeat the pricking at intervals, perhaps two or three times, until the bird is done Pour off the fat in the roasting tin, or skim it with a thin metal spoon, before making the gravy. This way the duck will not be too greasy to be palatable, and the skin will be paper-thin and crisp.

Fowl (Boiled)

1 fowl
Salt
Flour
A little cream or milk
A small carrot (optional)
Few mushrooms (optional)

Time: 1–1½ hours. Temperature: low

METHOD: Wash the fowl well Bring a little salted water to the boil in a saucepan which is large enough to hold the fowl Put in the bird and add

enough water to reach three-quarters of the way up the bird. Cover with a lid. Simmer very gently until it is cooked Cooking time will depend upon the size and age of the bird, roughly one to one and a half hours, but longer if the bird is an old one To test . take the bone of the leg and move it gently about If the bone seems loose in the joint, the bird is cooked

Prepare the sauce Measure the required amount of stock from the pot and pour it into a pan Bring to the boil. Season To every half-pint of stock stir one tablespoonful of flour smooth with a little milk or cream Pour the boiling stock on to this, stirring vigorously Return to the pan for at least ten minutes, stirring occasionally To add vegetables, cook the carrot with the fowl and shred it finely when done Add it to the sauce Wash and cut mushrooms into strips Add these to the sauce when you begin to cook it (*For 4–6 persons*)

Note. If the stock is very fatty, measure into a basin and remove surplus fat with a piece of clean blotting paper

Fowl (Fricassee of)

1 boiling fowl | **Pepper and salt**
Flour | **Milk**
Eggs

Time. 1½–4 hours (according to age and size) Temperature: low

Method · Choose a suitable saucepan or casserole (one which is just large enough to hold the fowl) Cook a boiling fowl in this with enough gently boiling water to reach three-quarters of the way up the bird When it is tender, take it out and leave to cool slightly. In the meantime, measure the required amount of stock, and remove surplus fat with clean blotting paper. To every half-pint of stock allow two level tablespoonfuls flour Put the flour with a dash of pepper and a little salt into a pan. Mix smooth with a little milk to a paste Pour the hot stock into this and stir until it boils Leave to simmer, uncovered, for at least fifteen minutes, stirring occasionally

Note. You really should add egg to a fricassee You can serve the fricassee without, but do this only if there is no alternative Count one to two yolks per pint of sauce Beat these up and stir a little of the *cooled* sauce into the mixture, and then return to the heat Keep it hot, but do not boil, stirring occasionally Divide the fowl into portions for easy serving Add these to the sauce and taste for seasoning

Fowl (Steamed, with Egg Sauce)

1 fowl
2 oz. butter or margarine
2 oz. flour
½ pint stock
½ pint milk
Pepper and salt
¼ teaspoonful ground mace
1 hard-boiled egg

Time. about 1½ hours. Temperature: low

METHOD: Truss the fowl and steam gently about one and a half hours (if young) or until tender. (The time taken will depend on age and size of bird.) While it is cooking, prepare the sauce. Melt the butter, or margarine, in a saucepan. Stir in the flour and cook over a low flame for a few minutes Add the stock gradually, stirring all the time. Then add the milk, season with pepper and salt, add the mace and simmer gently for a few more minutes.

Rub the yolk of egg through a sieve into the sauce, and just before serving add the chopped white of egg. Dish up the fowl, and serve the sauce separately. (*For 4–6 persons.*)

Goose (Roasting)

Time. 20 minutes for every pound

METHOD: Have the goose all ready prepared. Heat the roasting tin Pour one-inch-deep boiling water into the tin. Place the bird breast *downwards* into the tin. Leave to cook this way until the water has evaporated, so that the bird is lying in a rather light-coloured greasy gravy. This is the time to turn it over on its back When the goose has cooked for about ten to fifteen minutes, and the breast looks dry, take a sharp-pronged fork and prick into the skin all over. Prick particularly well where it is fat, i e near the breastbone and between the body and thighs. Prick carefully, so that you pierce the *skin only* and *not* the meat. Any mistake in this direction will show itself by blood oozing out instead of fat. If this happens, you know that you have to prick more loosely. Repeat the pricking at intervals, perhaps two or three times, until the bird is done.

Pour off the fat in the roasting tin, or skim it with a thin metal spoon, before making the gravy. This way the goose will not be too greasy to be palatable, and the skin will be paper-thin and crisp.

Grouse (Roasting)

See Principles of Cookery, Pages 110 to 124

Grouse (Sautéd, Vincent Style)

Purée of chestnuts or, when out of season, other suitable vegetables, peas, carrots, or parsnips, or stewed red cabbage (page 335)
1 grouse
Salt and pepper
¼ pint port wine, or cider or stout
1 teaspoonful red-currant jelly, or any dark jelly (preserve)
½ pint brown sauce (page 359)
Rind of ½ orange
2 oz. margarine or dripping

Time: 20–30 minutes. Temperature: low

METHOD: Put chestnuts on a baking tin in the oven until the shells and underskins can be removed. Alternatively, prepare any other vegetable you have chosen Prepare the grouse and cut into four pieces Season with salt and pepper. Put fat into *sauté* pan, make it hot, then put in the pieces of grouse. Fry them gently over a high flame When done, take out and drain the fat from the pan. Stir in the wine or stout and red-currant jelly, boil to reduce. Then stir in the brown sauce Reduce again, and stir in the grated rind of half an orange. Put the pieces of grouse into this sauce, and simmer gently for about twenty minutes

Put the shelled and skinned chestnuts into a saucepan with enough stock or water to just cover, and simmer until they are quite soft Rub through a sieve and heat up the purée with a little butter. Alternatively, finish the prepared other kind of vegetables Arrange a border of chestnut purée or vegetable on a serving dish Put the pieces of grouse in the centre. Pour the sauce over and serve. (*For 4 persons*)

Hare (Jugged)

1 hare
2 oz. butter or margarine
1 pint stock
1 onion stuck with cloves
1 bouquet garni or mixed herbs
Salt and pepper
Cayenne
1 oz. flour
1 oz. butter or margarine
¼ pint red wine, or other wine or cider or stout

Time: about 3–4 hours. Temperature Regulo Mark 3; electricity, 320° F; solid fuel, slow; oil, slow

METHOD: Prepare and clean the hare in the same way as described for rabbit (page 120) Divide it into neat joints. Heat the two ounces of butter or margarine and fry the joints in this on all sides Meanwhile heat the stock. Pour the hot stock into a fireproof jar. Drain the joints and put them into the stock with the onions, and seasonings Cook in a slow oven until tender This takes three to four hours Half an hour before serving, stir the flour and fat together for the thickening. Add the wine or stout and mix this all together with the stew in the jar. Leave to cook for another ten to fifteen minutes

Forcemeat balls are good with hare (*For 4–6 persons*)

Partridge (Boiled, with Celery Sauce)

1 partridge
1 onion
1 clove
1 carrot
1 head of celery
1 pint stock or water
Salt and pepper
2 oz. butter or margarine
2 oz. flour
¼ pint cream or milk

Time. about 40 minutes Temperature: low



Roast Pheasant

Pheasant (Braised, with Ch[illegible]

1 lb. chestnuts
1 pheasant
2–3 handfuls of bacon rinds
1 bouquet garni or 1 level teaspoonful mixed herbs
2 oz. b[illegible] dripping
Pepper and salt
¼ pint stock [illegible] or cider [illegible]
¼ pint white wine, or cider (optional)

Time: about 40 minutes. Temperature: Regulo Mark 4 [illegible] *solid fuel, moderate; oil, moderate*

METHOD: Split the chestnuts, and place them on a baking t[illegible] until the shell and underskin can be removed. Prepare the p[illegible] a stewpan with the bacon rinds. Add the bouquet garni or [illegible] mixed herbs. Dot all over with one ounce of the fat. Put on a medium flame to melt the fat and then put in the pheasant. Fry all over a golden brown. Season. Add the stock and wine. Cover with a lid and put in a moderate oven for about thirty to forty minutes Lift out on to a hot dish and keep hot, or leave in pan on side of stove until chestnut purée is ready.

Meanwhile shell and skin the chestnuts. Put them into a stewpan with sufficient stock or water to cover, and cook until quite soft. Rub them through a sieve, or pulp with a fork. Melt the remaining one ounce of fat in the pan and when hot add the purée of chestnuts. Season with salt and pepper and mix thoroughly until quite hot. Serve separately. (*For 4–6 persons.*)

Rabbit Casserole

(Cleaning and skinning, page 120)

1 rabbit
1 onion
1 turnip
Small parsnip
Piece of celery
1 carrot
Dripping
Seasoning
Stock or water and milk
Flour

Time: about 1 hour. Temperature: low

METHOD: You can make this dish in a casserole in a slow oven or in a stout saucepan on a top flame. If possible, have the rabbit jointed by the butcher Prepare the vegetables and cut into small pieces. Heat the dripping and fry all the vegetables in this for a few minutes, stirring. Add the rabbit joints and turn them, keeping the saucepan on a high flame Add the finely-chopped rabbit liver Pour off any excess fat. Add seasoning and just enough stock and milk mixed to reach three-quarters of the way up contents of the pan. Cover with a lid and simmer slowly until done, about three-quarters to one hour. Thicken the stock with a little flour blended with some cold water to make a gravy which should not be watery. Use more flour if a very thick liquor is required (*For 4 persons.*)

Rabbit Curry

1 rabbit
1 dessertspoonful curry powder
½ lb. onions
1 small apple
About 4 tablespoonfuls dripping
1 dessertspoonful chutney
Salt and pepper
Flour or cornflour
Rice, risotto, or mashed potatoes
Water or stock

Time: about 1 hour Temperature: low

METHOD Have the rabbit jointed and cleaned by the butcher, if possible Sprinkle all over with curry powder. Clean and cut the onions into slices Chop the apple. Heat the fat in a stewpan, add the onions and fry slowly until brown Add the rabbit joints and stir over the flame for a few minutes until a rich gravy comes from the meat Add about three-quarters to one pint water or stock by degrees and stir well Now add the chopped apple, and chutney. Season with salt and pepper. Boil up, cover with a lid and lower the flame Simmer gently for about one hour, stirring occasionally. Blend three teaspoonfuls of flour or cornflour with a little cold water, add to the stock and stir until boiling Prepare risotto (page 336), or boiled rice (page 171), or mashed potatoes

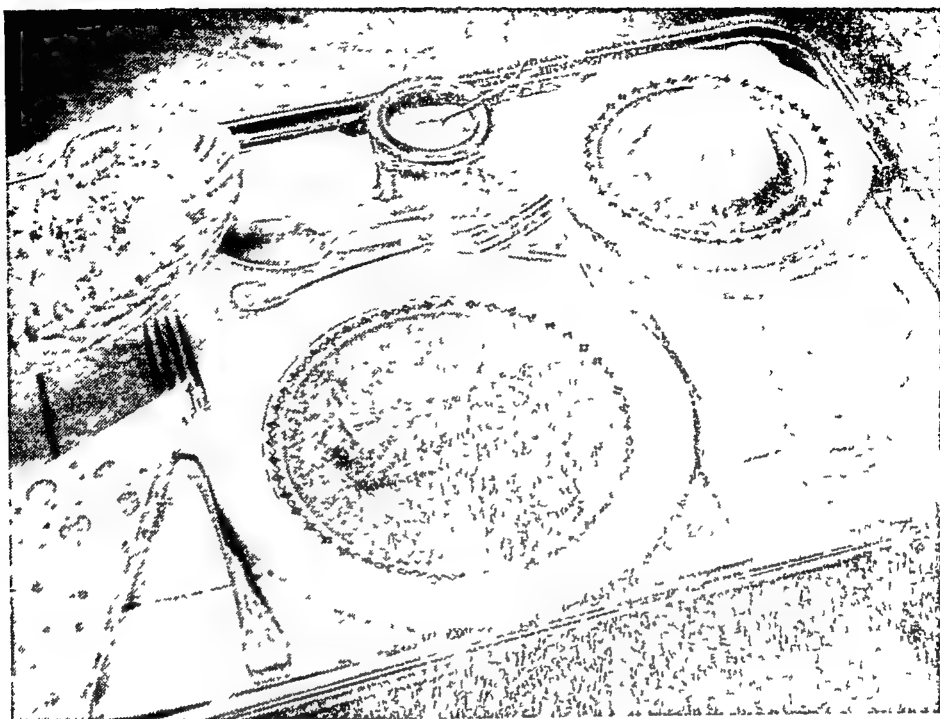
Serve the curry, in the centre of the dish, surrounded by a border of rice (or mashed potatoes). (*For 4 persons.*)



MOCK ROAST WITH VEGETABLES



ROAST GUINEA-FOWL



Casseroled Rabbit as an Invalid Dish

Rabbit (Roast)

1 rabbit
Herb forcemeat (page 381)
2 tablespoonfuls dripping, lard, or chopped fat bacon
Diced root vegetables (optional)

Time: about 1 hour. Temperature Regulo Mark 4, electricity, 350° F.; solid fuel, moderate, oil, moderate

METHOD: Put the cleaned and skinned rabbit into cold water while you prepare the forcemeat Dry rabbit thoroughly Fill the cavity of the rabbit and, when it is stuffed, sew it up. Heat the fat in a roasting tin Put the stuffed rabbit into this and spread thinly with lard or butter, or sprinkle with chopped bacon bits Cover with a piece of greased paper, or with a lid or tin which fits approximately over the roasting tin Bake for about an hour. Baste once in a while Shortly before the rabbit is done, after thirty or forty minutes, remove the paper Baste the rabbit thoroughly and put into a greater heat to brown appetizingly Do this either by increasing the heat of the oven or by putting the rabbit on the top shelf Or to be quicker about it, do both

Put the rabbit on a hot serving plate and keep it hot. Use the contents of the roasting tin plus the stock in which the giblets are cooked to make gravy. Pour off any excess fat before making the gravy. (*For 4 persons.*)

Note: If you wish you can roast diced root vegetables around the rabbit to add extra flavour and complete the dish.

Snipe (Roast)

2 large snipe or 4 small ones
Bacon — **Watercress**
Toast — **Gravy**

Time: about 15 minutes. Temperature. Regulo Mark 6; electricity, 400° F; solid fuel, fairly hot; oil, fairly hot

METHOD: Pick and truss the snipe without drawing them. Cover each with a piece of fat bacon. Put these on a trivet—or the rack from your grilling pan—and place this in a roasting tin. Slide a piece of toast into the tin under each bird. Cook in a fairly hot oven for about fifteen minutes. Remove the bacon a few minutes before finishing cooking. Divide large birds. Dish up on the toast on a hot dish. Garnish with watercress and serve made gravy separately. (*For 4 persons.*)

Turkey

1 turkey (small to medium)
1 lb. veal forcemeat (page 382) — **2–3 strips of fat bacon**
1½–2 lb. sausage meat — **Dripping for roasting**
Bread sauce (page 359) or white chestnut sauce (page 362)

Time: 1¾–2½ hours (or upwards, according to size). Temperature. Regulo, Mark 4, electricity, 350° F; solid fuel, moderate; oil, moderate

METHOD: Prepare and truss the turkey (see page 115). Fill the crop with the veal forcemeat or the sausage meat. If sausage meat is used for the crop, put the forcemeat in the body, but if the forcemeat is used for the crop, the sausage meat can be baked in a separate tin in the oven. (If preferred, sausages can be baked in the tin with the turkey.) Skewer the bacon over the breast, and put the bird into a moderate oven. Baste frequently during cooking time, if necessary covering the breast with greaseproof paper if browning seems too rapid. Remove bacon from breast about half an hour before dishing up, so that the flesh underneath can be browned. Before putting bird on dish, remove any skewers or trussing string. Make gravy with giblets, and a sauce (bread sauce or white chestnut sauce) to serve separately. (*Serves 8–10 persons.*)

Turkey Cutlets à la Béarnaise

6–8 oz. cooked turkey (last pickings)
2–3 oz. ham
1 oz. butter or margarine
3 mushrooms
1 oz. flour
Good ¼ pint stock
Salt and pepper
Asparagus tips, or any other fine vegetable (french beans, peas, etc.), fresh or tinned
1 egg
Breadcrumbs
Béarnaise sauce (page 358), or similar savoury sauce

Time: about 20 minutes. Temperature: very hot

METHOD: Chop the turkey and ham finely, or pass through a mincing machine. Melt a little fat in a pan, and cook the mushrooms in this Take from the pan, draining them as best you can to leave the fat in the pan. If you do not use mushrooms, heat the fat in a pan. In any case, stir the flour into the fat and cook for a minute or two, then add the stock by degrees, stirring all the time to produce a smooth thick sauce. Season with salt and pepper, and cook for five minutes. Put chopped or minced turkey mixture into this sauce and allow to get thoroughly hot Turn this mixture on to a plate, smooth the surface, and put aside to cool

Consider the final cooking time and the time you wish to serve this dish. Accordingly prepare any fresh vegetables you may want to serve instead of tinned ones which only have to be heated. Prepare the sauce you have chosen. When the turkey mixture is quite cold and set, form into cutlet shapes Brush with beaten egg and coat with breadcrumbs. Fry in very hot fat Toss the asparagus tips, or any cooked other vegetables, in a little butter or margarine to heat thoroughly Arrange in the centre of a serving dish. Place the cutlets round, and serve the Béarnaise, or other sauce, separately (*For 4–6 persons.*)

Venison Cutlets (Grilled)

4 potatoes (optional)
Cooking fat, or margarine
¼ lb. mushrooms (optional)
4 cutlets of venison
Pepper and salt

Time: about 15 minutes. Temperature: moderate

METHOD: If you have decided to serve this dish with baked potatoes, put the potatoes in their jackets in the oven to bake For the mushrooms—melt a little fat in a saucepan and stew the clean, but not peeled, mushrooms in this Have the venison cutlets about an inch thick from a well-hung neck of venison Trim them, but do not remove the fat. Season with pepper and salt and grill slowly for ten to fifteen minutes on each side. Do not grill for more than a few minutes at a time, but turn the cutlets frequently so as to keep in the gravy, making sure that each side, in the end, will have the necessary cooking time. Have the vegetables, of whatever kind you wish to serve, ready by the time the cutlets are cooked Dish up the cutlets on a hot serving plate. Arrange any mushrooms in the centre. Serve baked potatoes separately. (*For 4 persons.*)

Wild Duck (Breast of, with Oranges)

Breasts of 2 wild ducks
2–3 oranges
Water
2 oz. cooking fat, or margarine or bacon dripping
Flour
1 oz. glaze (page 327) (optional)
Seasoning
Croûtons of fried bread

Time: about 30 minutes. Temperature: low

METHOD: Insert a knife at the breastbone of the duck. Cut along the bone Slide the knife under and raise the breasts off the ducks, take off the skin. Include sufficient of the other parts of the birds to serve four persons Peel the oranges to remove the coloured part of the rind only Do not use any pith, as this is bitter. Put the rinds into a saucepan, add enough water barely to cover them. Cover with a lid and boil for at least ten to fifteen minutes. Remove the peel. Shred the peel of about one orange very finely. Strain the orange liquor. Keep handy. Melt the fat in a pan and fry the breasts quickly over a good heat. Leave them underdone. Take from the pan and keep them hot. Into the fat in the pan stir as much flour as the fat will take. Stir until it is brown. Add enough of the orange liquor to make a smooth sauce. Add the shredded peel, the glaze, if any, and season. Put the pre-cooked breasts and other meat into the sauce and simmer gently, uncovered, for about fifteen minutes. Shake the pan occasionally. Fry four slices of bread. Keep hot. Slice the oranges and remove the pips. Heat the orange slices quickly under the grill.

To serve: Put the croûtons on a serving dish. Lay a piece of breast, and other meat if used, on each. Surround with overlapping orange slices. Pour some sauce over the meat and dapple the oranges with sauce. (*For 4 persons*)

Note: Remaining parts of the birds can be minced with other cold meat to make croquettes for another meal.

Wild Duck (Salmi of)

1 wild duck
1 pint stock or water
1 onion
1 carrot
Dripping
1½ oz. flour
Salt and pepper
Cayenne
Rind of 1 orange, or orange essence
¼ pint port, or other red wine or stout
Juice of ½ lemon

Time: about 30 minutes Temperature: Regulo Mark 4; electricity, 350° F., solid fuel, moderate; oil, moderate

METHOD: Roast the duck until half cooked Take it out and let it get cold. Cut up into neat joints. Chop the carcase of the duck and put it into a saucepan with enough cold water to half cover Cover with a lid and stew for half an hour, or until the goodness has been extracted from the bones Meanwhile, peel the onion and scrape the carrot. Cut into small pieces Melt the fat in a pan and fry the vegetables until dark brown Then stir in the flour and add gradually one pint of the stock made from the bones of the duck. Stir until it boils, season with salt, pepper and a tiny pinch of cayenne Leave this sauce on a very low flame Grate the orange rind and stir into the sauce or add the essence. Then add the piece of duck, and the essence from the pan in which it was roasted. Do not cover with a lid. Simmer gently until the bird is cooked thoroughly, about half an hour. Shake the pan

occasionally. Ten minutes before serving, add the wine or stout and lemon juice to the sauce. Add the lemon juice by degrees, tasting carefully. (*For 4 persons.*)

Note: If, while you simmer the bird in the sauce, you find the sauce reducing too much, put a lid on Slightly tilt it to let some steam still escape. Dish up the pieces of duck on a hot serving plate If you wish, skim the sauce to free it from fat In any case, strain it over the duck.

Woodcock

2 large woodcock
Toast
Butter, margarine or dripping
Watercress
Gravy
Lemon (optional)

Time: about 30 minutes. Temperature Regulo Mark 4, electricity, 350° F; solid fuel, moderate, oil, moderate

METHOD: Truss the woodcock, but do not draw them Toast two slices of bread a pale brown Put the woodcock on a trivet—or the rack from the grilling pan—in the roasting tin with a little fat Place a piece of toast in the tin underneath each bird Bake in the oven until brown but underdone This will take twenty to thirty minutes Baste them several times while cooking. Dish up each bird on the slice of toast and garnish with watercress. Serve gravy (page 170) separately and, if you wish, pieces of lemon (*For 4 persons*)

Wood Pigeon

2 large wood pigeons
Stuffing, any kind
A little fat
Water or stock
A small amount of chopped carrots, onions, celery, mushroom, any or all of these
Bacon or bacon rinds

Time about 40 minutes Temperature· low

METHOD Remove any remaining conspicuous quills Slightly dust the birds with flour and wipe them clean with a piece of paper Stuff the birds, filling not more than one-third to one-half of the cavity Sew up the opening where the skin allows for doing this Do not sew any openings if you would have to prick through the meat, rather leave it as it is Heat fat in a casserole of the stout kind Fry the birds quickly on all sides Pour off any excess fat Add hot water or stock, about one inch deep

If you have chosen to add vegetables, do this now Bacon, or bacon rinds, should be put over the birds, which finally during cooking should lie breast side up. Cover with a lid and leave to simmer very slowly until done Test by moving a leg, if it seems easily movable, the birds are done, about thirty minutes Make a gravy with the stock The gravy should be fairly thick. Taste for seasoning. (*For 4 persons*)

Meat Garnishes

ASPIC JELLY is one of the most decorative of the savoury garnishes It will help to make a party dish out of left-over scraps of meat, poultry, game and fish On page 310 will be found a recipe for Chicken in Aspic, and a variation of this needs little explanation. Vegetables, colourful ones such as peas and tomatoes, can be included in the mould. Served with a salad, an aspic dish makes a delightful meal for a summer day.

Aspic Jelly

Although most grocers' shops keep aspic jelly the following is a plain, serviceable recipe. Any housewife can make it easily and with a minimum of time and labour in her own kitchen. It has been found adequate and satisfactory for *any* dishes suggesting the use of aspic jelly.

1 pint water or stock of any kind
1 oz. (1 well-rounded tablespoonful) gelatine
Flavouring consisting of meat extract or meat cubes or vegetable extract
1 tablespoonful vinegar, preferably the flavoured kind

METHOD. Heat six to seven tablespoonfuls of the water or stock. Put the gelatine into a small cup or basin. Pour three tablespoonfuls of the warm water or stock on to the gelatine and stir. Put this gelatine to dissolve in a warm place. The safest way is to upturn the lid of the kettle in which water is boiling and place the cup or basin on the lid.

Alternatively, place it similarly over the steam of a boiling saucepan. Stir occasionally to make sure that it is thoroughly dissolved. Examine the tip of the spoon with which you stir—if it is still slightly coated with gelatine, the gelatine is not dissolved yet. Only if you have dissolved the gelatine thoroughly in the water can you be sure that you really add it all to the main part of the liquid and that your jelly will have sufficient gelatine to set.

You still have three to four tablespoonfuls of hot water. Use this to dissolve the extract you wish to use The amount of extract you take depends on your taste. You should use as much as you use to make a hot drink.

Mix the dissolved gelatine and the dissolved extract and the vinegar with the remaining water or stock. Stir well and leave to set.

Note: Should you find that, although you have taken great care, your gelatine has not dissolved thoroughly and floats in little transparent particles in your ready-mixed stock—pour all together into a saucepan and heat. This way you are sure to have it well dissolved and blended, but it will take longer to set as it has first to cool thoroughly.



Galantine Coated with Meat Glaze

Meat Glaze (1)

economical and good

An economical and quick method of making this is to measure a quarter of a pint of the brown gravy contained in the tin in which you roasted meat Skim off all the fat Dissolve a slightly rounded teaspoonful of gelatine in a dessertspoonful of water Leave over steam to dissolve thoroughly Add this to the quarter pint of natural gravy. If necessary, add a few drops of gravy browning. Season with salt.

Meat Glaze (2)

cheap and quick

Measure a quarter of a pint of stock, any kind Make sure that it has no fat Add gelatine as described in the previous recipe If you wish, flavour with meat extract. Add gravy browning to colour.

Mixed Vegetable Garnish

A pretty garnish to surround cold meat can be made by mixing together cooked carrot, turnip and celery cut in cubes or shapes and mixed with green peas Toss them in a thick mayonnaise and use

Small sprigs of parsley fried in hot fat make a good garnish.

Vegetable Recipes

Including Vegetarian Dishes

VEGETABLE DISHES are appreciated by any housewife who wants to serve a varied diet to break the monotony of the weekly menu This section will also be found useful on days when meat or fish are in short supply.

Some of the following recipes would be unsuitable for a strict vegetarian diet as they stand, but this can easily be remedied by the substitution of nut oils or fats where dripping and other animal fats are given in the recipe.

The preparation and cooking of all kinds of vegetables will be found on page 127 of the Principles of Cookery.

Carrots (Glazed)

2 lb. carrots	**Flour**
1½ oz. butter or margarine	**Nutmeg (optional)**
Salt	**Very little brown sugar (optional)**

Time about 20 minutes. Temperature moderate to low

METHOD · Scrape the carrots. Wash them and slice rather thinly. You can do this quickly by fitting the carrots head to tail, holding a few in your left hand and slicing across with your right hand, preferably using a saw knife. Fill a saucepan with boiling water, not more than an inch deep Add a knob of butter or margarine Add enough salt to season the carrots Add the carrots, cover with a lid and boil until they are done, fifteen to twenty minutes

If you have used old carrots, look into the saucepan half-way through the cooking time It may be necessary to add a little more boiling water When the carrots are done, thicken the juice, that is, the stock in which they boil Pushing the carrots aside with a spoon, and tilting the pan, you can judge the amount of stock you have To every cupful stir one tablespoonful of flour until smooth in a little water Pour boiling stock into this, stir, and return to the pan Add grated nutmeg if you wish, and a very little brown sugar Stir until it boils and then leave to simmer. Simmer for at least five minutes, stirring occasionally (*For 4 persons.*)

Cauliflower Cheese

1 cauliflower	**1½ oz. flour**
Salt	**½ pint milk or ¼ pint milk and ¼ pint water**
1–1½ oz. margarine	

1½ oz. cheese

Time: about 30 minutes Temperature: moderate



Cauliflower Cheese

METHOD: Trim and wash the cauliflower, break into sprigs Slice the best green leaves Put enough boiling water in a saucepan to reach half-way up the cauliflower Add salt to taste Cover with lid and boil briskly until cooked This will take fifteen to twenty minutes Drain Meanwhile, melt the margarine, stir in the flour and gradually add the milk Continue stirring to prevent the sauce being lumpy Add a quarter of a pint of water from the saucepan in which the cauliflower is cooking. Stir until boiling—add the grated cheese and heat only long enough to melt it The sauce should be thick. Strain the cauliflower and arrange it in a hot, greased fireproof dish Pour the cheese sauce all over to coat well If you wish, sprinkle with a little more grated cheese Put into a warm oven to heat through and, before serving, decorate with sliced carrot, tomato and parsley (*For 4 persons.*)

Celery (Braised)

2 heads celery
2 breakfastcupfuls of carrot, turnip and onion
1 oz. dripping or vegetable fat
½ pint stock
Flour
Browning
Bottled sauce
Seasoning

Time: about 1 hour Temperature· low Oven· Regulo Mark 1, electricity, 280° F.; solid fuel, slow, oil, slow

METHOD: Wash and prepare the celery, cut into even-sized pieces and tie into bundles Prepare carrot, turnip and onion and cut into large pieces. Melt dripping or fat in a pan. Add carrot, turnip and onion Place celery on top. Cook slowly on gas without lid for five to ten minutes Add the stock, put on a tightly-fitting lid and cook slowly in the oven until celery is tender, thirty minutes to one hour.

Remove from oven, dish the celery Reserve carrot, turnip and onion for some cold meat dish or for soup. Thicken the remaining liquid with a little blended flour, add browning, some bottled sauce and stir until boiling Season and strain over the celery. (*For 4–6 persons.*)

Duchess Potatoes

2 oz. butter or margarine
2 lb. mashed potatoes
1 beaten egg
Hot milk
Salt and pepper

Time: about 10 minutes. Temperature. Regulo Mark 6, electricity, 400° F., solid fuel, hot; oil, hot

METHOD: Stir the fat into the hot, sieved potato. Mix well, then beat in the egg. Add enough hot milk to allow the mixture to pass easily through a forcing-bag Season to taste with salt and pepper.

Fill forcing-bag and squeeze the mixture out on a greased baking sheet Shape into roses or pyramids, etc. Brush with beaten egg or melted butter or margarine Bake in a quick oven until brown. Use as a garnish for meats or as a vegetable (*For 4–6 persons*)

Leeks au Gratin

1½ lb. leeks
1 oz. butter
Flour for thickening
Seasoning
1½ oz. grated cheese
Breadcrumbs (optional)

Time: about 35 minutes. Temperature: moderate

METHOD Remove the end stalks and the roots and any tough-looking parts of the green, but leave as much green on the vegetable as possible If the leeks are old cut into pieces about one and a half inches Place in a colander Wash under a running tap until completely clean. Only if you chop old leeks this way will you ensure their being free from the long shreds which often make cooked leeks so unappetizing.

Braise the leeks as in Principles of Cookery, page 136. Thicken the stock from the cooked leeks. Season Flavour this natural white sauce well with cheese and put the leeks into a fireproof dish Sprinkle with more cheese and, if you wish, with breadcrumbs Put under a brisk grill to give a brown crust if required, or reheat on the middle shelf of the oven Garnish (*For 4 persons*)



Leeks au Gratin

Onions (Glazed)

Onions	**Butter or dripping**
Sugar	**Stock**

Time: 30–55 minutes. Temperature: low

METHOD · Wash and cut the tops off as many onions as required Throw them into boiling salted water and simmer for about half an hour Drain, and take off the outer skins Scoop out a little of the centre of each onion and fill with sugar Put a little butter or dripping into a pan and arrange the onions in this. Cook on a low flame until browned all over. Pour on enough strong stock to just cover the onions, and place a good-fitting lid on top Simmer very gently until the stock is reduced to glaze, basting the onions frequently during the process Keep warm until wanted for use These make a good garnish.

Onions (Spanish, Stuffed)

4 large Spanish onions	**1 onion**
½ lb. sausage meat	**1 carrot**
A few slices of fat bacon	**½ pint stock**

Salt and pepper

Time: about 1½ hours. Temperature: low

METHOD: Peel onions under water. Trim roots, but do not cut them off or the onions will not keep their shape Parboil them for about fifteen minutes, drain, and scoop out some of the centres. Fill the cavity with sausage-meat Put some slices of fat bacon at the bottom of a stewpan and on these put slices of onion and carrot. Put the stuffed onions carefully on top of the vegetables, add the stock and cover with more slices of bacon Season. Cover the pan with a lid and cook gently on a low flame for about one hour or until quite tender. This dish can be equally well cooked in a slow oven, in a covered fireproof dish. (*For 4 persons.*)

Pease Pudding

½ lb. split peas
Salt and pepper
1 oz. butter or margarine (optional)
1 egg (optional)

Time: about 3 hours. Temperature: hot

METHOD: Wash the peas thoroughly and discard any black ones. Soak them in cold water overnight. Then put them in a cloth and tie rather loosely so that they have plenty of room to swell, plunge them into boiling water that has had half a teaspoonful of salt added to it. Then boil quickly until they are tender—about two and a half hours Take them out of the cloth and rub them through a coarse sieve. Season with salt and pepper, then tie tightly in a cloth and boil another half-hour. If the pudding is to be served with boiled pork or any boiled meat, it should be put in with the meat for the second boiling, as the broth will very much improve the flavour If, however, the pudding is to be served alone, add the butter or margarine and a well-beaten egg after rubbing the peas through the sieve

Note The peas must be well covered with water during the first boiling If necessary more boiling water must be added, as it boils away rapidly (*For 4 persons.*)

Potato Croquettes

1 lb. boiled and well-dried potatoes
½ oz. butter or margarine
1 teaspoonful chopped parsley (optional)
½ teaspoonful finely-chopped onion (optional)
Pepper and salt
1 beaten egg
Stale breadcrumbs and beaten egg
Deep fat for frying

Time: about 5–6 minutes. Temperature: hot

METHOD: Mash potatoes. Add the fat, parsley, onion, pepper, salt and half the egg. Mix well. Divide into equal portions. With floured hands, form into shapes such as pyramids, balls, cylinders, corks, etc Dip in breadcrumbs, then beaten egg. Fry in deep fat until golden brown Drain on soft paper. Garnish with vegetables Serve immediately. (*For 4 persons*)

Potato and Fish Pie

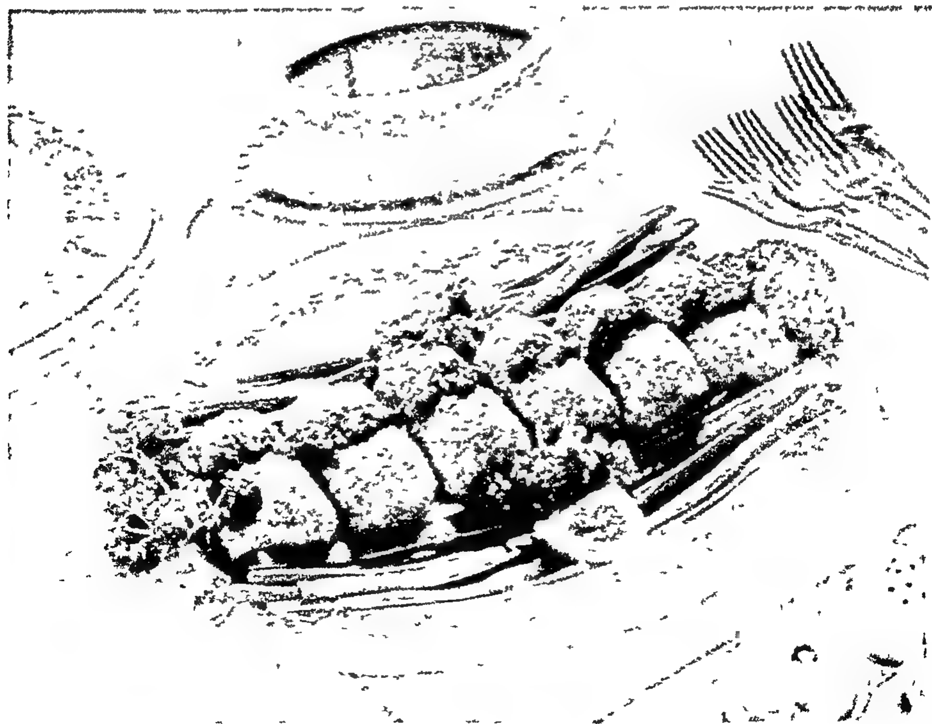
A little butter	**¼ pint good white sauce**
1 tablespoonful browned breadcrumbs	**1 egg**
1 lb. duchess potato mixture (page 330)	**1 teaspoonful chopped parsley**
	Seasoning
	Grated cheese

½ lb. cooked white fish, or cooked smoked haddock

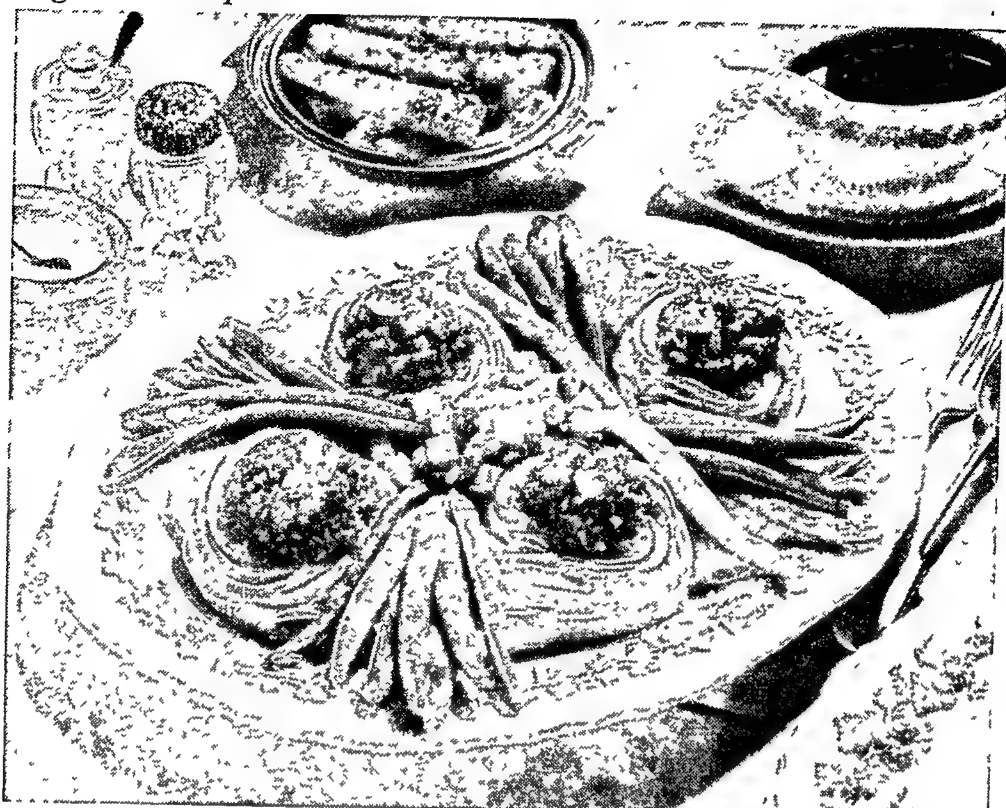
Time: about 1 hour. Temperature Regulo Mark 4, electricity, 355° F; solid fuel, moderate, oil, moderate

METHOD: Butter a straightsided mould well and coat it with the bread-crumbs Line the mould with two-thirds of the potato mixture, keeping back the remainder for the top.

Flake the fish, removing all skin and bones, add the white sauce, beaten egg, parsley and seasoning Place the mixture in the potato-lined mould, cover with the rest of the potato mixture, roughen the top with a fork and brush with beaten egg, then sprinkle grated cheese over. Cover with greased paper or cooking-foil and bake in a moderate oven for forty to forty-five minutes Turn out on a hot dish (*For 4 persons*)



Potato Croquettes



Potato Patties

Potato Fritters

Fritter batter
3 medium potatoes
Salt and pepper
¼ cupful grated cheese (Parmesan or old Cheddar for preference)
Deep fat for frying

Time · 6–7 minutes Temperature hot

METHOD · Mix a coating of batter (page 36). Peel the potatoes thinly and cut into slices Soak in water for about one hour. Dry and then sprinkle with salt and pepper. Dip the slices in the batter and fry in hot fat until golden brown. Drain on soft paper. Pile on a hot dish, sprinkle with grated cheese and serve immediately.

Thick slices of potato should be parboiled for fifteen minutes before dipping in the batter. (*For 4 persons.*)

Potatoes Julienne

Prepare the potatoes as for chips (page 133, Principles of Cookery) With a sharp knife cut them into thin match-like strips. Soak in cold water for about an hour, drain, dry thoroughly and fry as potato chips.

Potato Patties

Duchess potato mixture (see page 330), about 1 lb.
Any savoury creamed mixture

Time: 5–6 minutes. Temperature Regulo Mark 8, electricity, 450° F; solid fuel, hot, oil, hot

METHOD: Fill a forcing-bag with duchess potato mixture (page 330) Force out on a greased baking sheet in coils to form a case large enough for luncheon patties Brush over with egg or melted butter or margarine Bake quickly in a hot oven. Fill with any savoury creamed mixture such as peas, mixed vegetables or scrambled eggs. Garnish with parsley, watercress, asparagus tips or any vegetables in season (*For 4 persons.*)

Potato Salad

1 lb. cooked potatoes
Pepper and salt
Salad dressing
Raw onion or chives

METHOD: Cook the potatoes in their jackets, peel and cut into neat dice Season While still hot put into a basin and pour over sufficient salad dressing to coat each piece of potato when the basin is shaken to distribute liquid Serve cold with chopped chives or raw onion rings sprinkled on top.

Bought salad dressing may be used, or a simple salad dressing such as:

¼ pint salad oil
⅛ pint vinegar
Pinch of salt, pepper and mustard if liked

Mix all the ingredients in a basin and whisk together (*For 4–6 persons.*)

Red Cabbage

Serve red cabbage in a little mound on a hot plate, crown it with one or two fried sausages and put a plain boiled potato right and left.

1 medium-sized red cabbage
1 tablespoonful dripping
Salt and pepper
1–2 tablespoonfuls vinegar
Apple (optional)
Little sugar (optional)

Time. about 1 hour. Temperature: slow

METHOD: Remove the outer leaves and the thick stalk of the cabbage. Shred and chop the head, removing as much of the thick stalks as you can. Heat the fat or dripping in a stout saucepan or casserole Add cabbage and place it over a flame until it begins to cook. Add one teaspoonful of salt, a few dashes of pepper and one to two tablespoonfuls of vinegar Stir, cover with a lid, and leave to simmer very gently for at least one hour. Stir occasionally. Taste for seasoning: you may like to add a teaspoonful or two of sugar.

A chopped apple is good cooked with the cabbage—add at the beginning. This dish improves if you leave it overnight and heat it up thoroughly to serve the next day. (*For 4 persons.*)

Rice (Curried)

6 oz. rice
Water
Salt and pepper
1 onion
2 oz. butter or dripping
1 dessertspoonful curry powder
4 tomatoes (optional)

Time: about 30 minutes Temperature moderate

METHOD Well wash the rice, drain, and throw it into a quart of boiling water slightly salted Boil quickly until the rice is tender Drain the rice and wash it under the tap to remove stickiness and separate the grains. Put it on a baking sheet in the oven to dry for one minute only

Peel the onion and slice it finely Melt the fat in a stewpan Fry the onion rings a golden brown Add the curry powder and fry for a few minutes Stir in the rice and let it get thoroughly hot Cut the tomatoes (if used) in slices and fry lightly Pile the rice in the centre of a hot dish and arrange the tomatoes round Serve very hot (*For 4 persons.*)

Risotto

1½ oz. dripping or ham fat
4 oz. rice
2 chopped onions
1 pint stock
Teaspoonful salt
1 cupful sliced mushrooms (optional)
1 cupful sliced tomatoes (optional)
2 oz. grated cheese (optional)
2 red peppers (optional)

Time about 45 minutes Temperature. low

METHOD Melt dripping. Add washed rice and onion and stir until all are pale golden brown Add one pint of cold stock, bring to the boil, add salt and cook until rice is almost tender—about half an hour. To this can be added one cupful of mushrooms and/or one cupful of sliced tomatoes and cook slowly with the lid off until the liquid is absorbed If desired, sprinkle in two ounces grated cheese or two chopped red peppers (*For 4 persons.*)

Savoury Vegetable Ring

1¼ lb. potatoes
½ oz. butter
1 egg
1 onion, grated
2 oz. cheese, grated
½ lb button mushrooms
¼ pint thick brown gravy
1 tablespoonful tomato ketchup
Seasoning

Time 35–40 minutes Temperature Regulo Mark 4; electricity, 350° F, solid fuel, moderate; oil, moderate

METHOD: Cook potatoes Save a little for the filling Drain well and stir in the butter, beaten egg, grated onion and cheese Transfer to a border mould, previously greased and sprinkled with baked crumbs Cook in a moderate oven for thirty-five to forty minutes Meanwhile, simmer the peeled mushrooms in the gravy. Add tomato ketchup and adjust seasoning to taste. Turn cooked mould on to a large serving dish, fill hole in centre with mushroom mixture mixed with a little potato Garnish with mushrooms

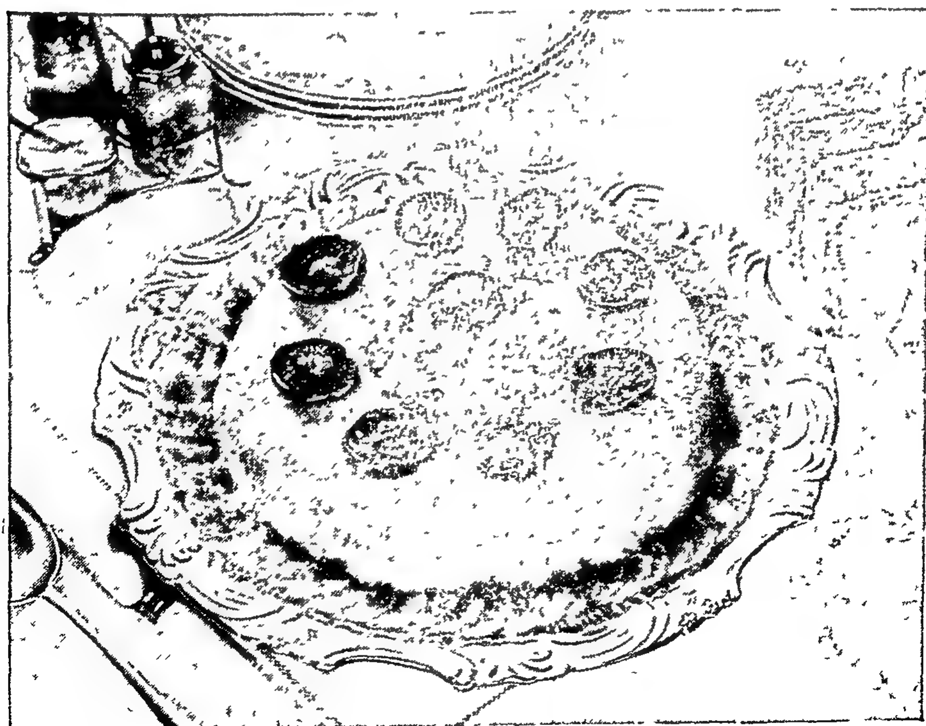
Scalloped Potatoes

1 lb. potatoes, floury type is best	¾ pint milk
Salt and pepper	½ oz. margarine or butter
2 tablespoonfuls very finely-chopped onion	Cheese, Parmesan or Cheddar (optional)

Time. about 45 minutes–1 hour Temperature moderate, Regulo Mark 4–5; electricity, 350° F, solid fuel moderate, oil, moderate

METHOD: Peel the potatoes and slice very thinly Arrange a layer of them in the bottom of a greased baking dish Sprinkle with seasonings and finely-chopped onion Repeat these layers until the dish is nearly full Pour the hot milk over the layers, dipping into them lightly with a spoon in order to distribute the milk a little The milk should just be seen at the side of the dish Dot with margarine or butter Cook uncovered in a moderate oven, for about half an hour Then cover and continue cooking until the potatoes are done, about one-quarter to half an hour longer

Cooked or parboiled potatoes may be used in place of raw ones to speed up cooking If liked, a small amount of grated Parmesan or Cheddar cheese may be added to each layer of potatoes *(For 4 persons.)*



Savoury Vegetable Ring

Spinach (Creamed)

2 lb. spinach
Salt
½ oz. fat (preferably butter)
½ oz. flour
¼ pint milk
Nutmeg (optional)

Time: about 15 minutes. Temperature: moderate

METHOD: Wash the spinach at least three or four times in fresh water Shake it well about in the water and lift the leaves from the top to prevent any grit joining them Lift the leaves finally into a saucepan and put on a high flame The water clinging to them will start the spinach cooking. Turn the leaves at the beginning to start them cooking evenly Sprinkle with salt while you stir Cover with a lid and boil briskly for eight to ten minutes Avoid using too much salt, because as there is very little water present only a little salt is necessary. Melt the butter in a saucepan. Add the flour and stir over a low flame, but do not let it get brown. Slowly add enough cold milk to stir it into a smooth paste Set aside.

Strain the spinach. Mince or sieve it Add it to the prepared sauce and stir If it is too firm—it will thicken while being cooked—add a little of the spinach stock. Season with salt and grated nutmeg. Bring to the boil, stirring all the time. Serve at once. You can make a complete dish with spinach if you serve it with fried bread croûtons and fresh boiled or sauté potatoes. (*For 4 persons.*)

Spinach (with Poached Eggs)

Cook some spinach as directed on page 129 of the Principles of Cookery, and serve very hot with a poached egg on the top for each person Topped with grated cheese and browned under the grill this makes a delicious savoury.

Sweet Marron Cream

1 lb. chestnuts
Milk to cover
1 oz. butter or margarine
Sugar to taste
Cream for garnish

Time: about 30 minutes Temperature: slow

METHOD: First make a slit into each chestnut, using a sharp knife Put the chestnuts, just covered with water, into a pan. Bring to the boil. Cook for a minute or two, then remove from the flame. The shells and inner skins should peel off easily.

Skin them and put into another saucepan. Pour in just enough milk to cover and simmer gently until tender. Rub through a sieve—or mash them until they are a smooth pulp. Return the sieved—or mashed—pulp to the saucepan, add the fat and then sweeten to taste. Stir well and cook for a further minute or two.

Serve in individual glasses topped with a little cream (*For 4 persons*)



Stuffed Tomatoes

Tomatoes (Stuffed)

4 tomatoes
1 heaped tablespoonful minced meat—fresh or cooked
1 dessertspoonful breadcrumbs
1 teaspoonful finely-chopped mushrooms (optional)
½ teaspoonful finely-chopped parsley
1 very small onion finely chopped
½ oz. butter
1 tablespoonful brown sauce
Salt and pepper
Browned breadcrumbs

Time: about 30 minutes Temperature Regulo Mark 4; electricity, 350° F.; solid fuel, moderate; oil, moderate

Method. Cut off tops of tomatoes and scoop out a little of the pulp Mix together all the above ingredients, except the brown sauce and browned breadcrumbs, in a small pan over the fire, adding gradually sufficient brown sauce to moisten the whole slightly Season to taste, fill the tomatoes with the preparation, sprinkle on the top of each a few browned breadcrumbs, and bake the tomatoes in a moderate oven for about fifteen minutes. Garnish and serve. (*For 4 persons.*)

Note: Tomatoes can be stuffed with a variety of savoury stuffings and they make a colourful show. Try stuffing them with a mixture of cheese, mashed potato and tomato pulp, or cooked fish mixed with chopped mushrooms and a little creamed or mashed potato. They make an adequate main dish for a light lunch or supper if other vegetables are served with them. They can also be served on squares of toast.

Vegetable Marrow (Stuffed)

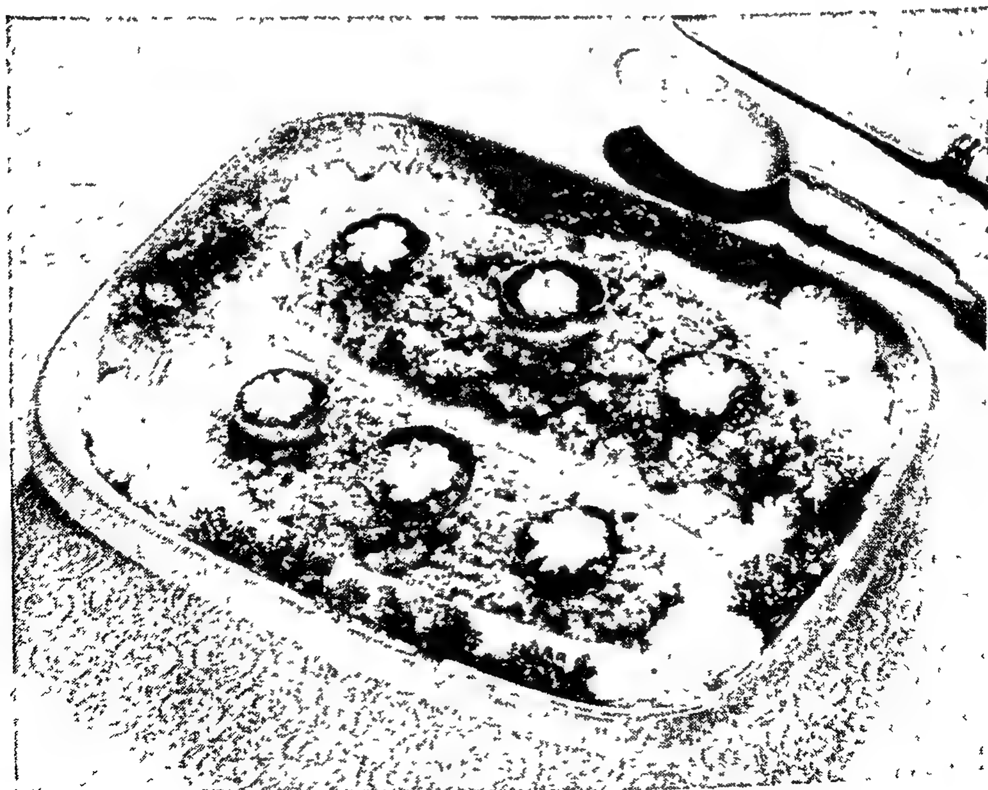
- 1 marrow
- ¼ lb. finely minced cooked meat
- 1 tablespoonful breadcrumbs
- 1 dessertspoonful minced onion
- 1 egg
- 1 tablespoonful milk
- Seasoning
- 1 oz. dripping
- Brown sauce (page 359)

Time: about 45 minutes. Temperature: Regulo Mark 4; electricity, 350° F.; solid fuel, moderate; oil, moderate

METHOD: Wash and peel the marrow. Cut off one end, and scoop out the seeds. Mix the meat, breadcrumbs, onion, egg, milk, season with salt and pepper, and fill into the prepared marrow shell. Tie the end on with tape, thus making the marrow whole again. Put into a greased baking tin and spread with the dripping. Bake for three-quarters of an hour in moderate oven or until done, garnish as liked, and serve with brown sauce.

Alternatively, cut marrow lengthways and scoop out the seeds. Fill as above and bake, baste well at intervals. Garnish and serve. *(For 4 persons.)*

Note: On page 138 of the Principles of Cookery will be found instructions for the boiling of vegetable marrow.



Stuffed Vegetable Marrow

Vegetable Pie

½ oz. cooking fat (vegetable fat for a vegetarian dish)
1 cupful breadcrumbs
4 tablespoonfuls mixed cooked vegetables
1 beaten egg
4 tablespoonfuls vegetable stock
Seasoning
2 tablespoonfuls grated cheese

Time about 15 minutes. Temperature: Regulo Mark 4; electricity, 350° F.; solid fuel, moderate, oil, moderate

METHOD: Melt the fat and mix in the breadcrumbs, and the vegetables Add the beaten egg and the stock Season to taste. Turn into a well-greased pie-dish and sprinkle the cheese all over. Bake in a moderate oven about fifteen minutes, until the top is crisp Serve hot—or leave to cool and serve cut into wedges. (*For 4 persons.*)

Vegetable Stew

1½ oz. dripping or bacon or vegetable fat
1½ lb. mixed vegetables
Salt and pepper
Caraway seeds (optional)

Time about 1 hour. Temperature low

METHOD. Make sure that you have more vegetables than you [illegible] a plain boiled dish The basis should be cabbage, the addition of root vegetables and celery when possible And don't forget [illegible] flavouring, and for making the stew creamy The last course [illegible] season is well suited here. Chop all the vegetables roughly [illegible] which would absorb any liquid present and then burn on to the pan

In a stout stewing-pan or casserole, heat enough dripping, vegetable fat or chopped bacon to cover the bottom comfortably. Add the vegetables mixed and dry. Do not add water. Stir and fold over a high flame, sprinkling with salt as you go If you wish to add caraway seeds, sprinkle these in too When the vegetables begin to cook, cover with a lid and bring once more to the boil. Add two tablespoonfuls of water to every pound of vegetables if there is no liquid in the pan. Leave to stew on the lowest possible flame at the top of the stove, or on the bottom shelf of a low oven Stewing time: about one hour.

Vegetables (Mixed)

Any mixture of cooked vegetables in season served with a little butter or margarine makes a welcome addition to a meal. Carrots and peas cooked and mixed with a little chopped and fried mushroom are good. Parsley, chopped and mixed with potatoes, adds both vitamins and flavour.

Cheese Dishes

ALL NECESSARY information about the different kinds of cheese can be found on page 67 of the Principles of Cookery. The following recipes will be found useful and economical to prepare.

American Cheese Hot Cakes

6 oz. plain flour
3 level teaspoonfuls baking powder
Salt
Dry mustard
3 oz. grated cheese
1 egg
Not quite ¼ pint milk

Time: 15–20 minutes. Temperature: Regulo Mark 8; electricity, 450° F; solid fuel, hot, oil, hot

METHOD: Grease patty tins. Sift flour, baking powder, and a pinch each of salt and mustard Add the cheese To mix, lift the mixture high up with your hands and let it run loosely down through your opened fingers Beat the egg into the milk. Stir the flour mixture quickly with the milk, beating up high Spoon into the tins and bake at once in a fairly hot oven for fifteen to twenty minutes, according to the amount of mixture in each tin

Serve hot with cold salad. (*Makes 12 cakes*)

Articheese

1 lb. Jerusalem artichokes
Seasoning
1 teaspoonful vinegar
1 level tablespoonful fine oatmeal (or flour)
2 oz. grated cheese
¼ pint milk

Time: about 20 minutes. Temperature: Regulo Mark 6; electricity, 400° F.; solid fuel, hot; oil, hot

METHOD: Scrub and peel the artichokes. Put into a pan with boiling salted water to cover. Cover with lid and boil until soft One teaspoonful of vinegar added to the water will keep the vegetable white Drain the artichokes, put them into a hot serving dish and keep them warm. Measure the liquid. You should use not quite a quarter of a pint per level tablespoonful of oatmeal Stir the oatmeal (or flour) smooth with a little cold milk Bring the liquid to the boil and stir into the meal. Return to the pan and cook gently, stirring all the time, for five minutes Stir in the cheese until melted.

To serve, pour the sauce over the artichokes. Sprinkle grated cheese on top. Push under a hot grill to brown quickly Or—put the artichokes into a

fireproof dish. When the sauce is poured over, bake on a high shelf of a hot oven to brown. (*For 4 persons*)

Note. If preferred the sauce can be made with milk or half milk and half cooking water

Cheese Biscuits

4 oz. self-raising flour
Pinch of dry mustard and/or cayenne pepper
3 oz. grated cheese
Water to mix

Time about 15–20 minutes Temperature Regulo Mark 5–6, electricity 400° F., solid fuel, hot, oil hot

METHOD: Heat the oven and a baking sheet. Sieve the dry ingredients. Add the cheese. To mix, lift the mixture [illegible] with your hands and let it run loosely down through your opened fingers. Add a dash or two of cold water, just enough to make a pliable dough. Roll out and cut. Place on the hot baking sheet. Bake in a fairly hot oven [illegible] fifteen minutes if rolled rather thinly, and twenty minutes for biscuits rolled about a quarter of an inch thick. They are tastier when thick

Cheese Puffs

(*E[illegible]*)

2 oz. plain flour
¼ pint water
2 oz. grated cheese
1 egg and 1 yolk
Pepper and salt
Deep fat for frying

Time about 10–15 minutes Temperature hot

METHOD: Measure the flour and keep handy. Bring water to the boil. Quickly remove from the flame; throw in the flour [illegible], return to the flame. Stir vigorously until it is thick and smooth. Beat in the cheese, beating really well. Leave to cool. Add the well-beaten eggs and season

Have a pan with deep fat, smoking hot. Spoon in the cheese mixture using a teaspoon or dessertspoon. Fry for about fifteen minutes until golden brown. Drain and serve—preferably hot. (*Makes about 12 cheese puffs*)

Cheese Soufflé Dubois

½ pint milk
1 cupful, loosely filled, of fresh crumbled bread
Pinch each of salt, sugar, pepper and mustard
3 tablespoonfuls grated cheese
2 eggs

Time: 20–30 minutes. Temperature: Regulo Mark 4–5; electricity, 35[illegible]° F., solid fuel, moderate, oil, moderate

METHOD. Bring the milk to the boil. Remove from the flame and let the bread fall slowly into it, stirring strongly with a wooden spoon. Beat well for a minute or two. Add the seasonings and leave to cool, stirring occasion-

ally. Add the cheese Separate the yolks from the whites of the eggs and add these first. Lastly fold in the stiffly-beaten whites of egg. Pour into a deep, greased fireproof dish and bake on a middle shelf in a moderate oven for twenty minutes or until set. (*For 4 persons*)

Cheese Straws

4 oz. flour
1 teaspoonful baking powder — **3½ oz. grated cheese**
½ oz. butter or margarine — **¼ teaspoonful cayenne pepper**
Egg to mix dough

Time: about 10 *minutes. Temperature Regulo Mark 4–5; electricity, 350° F; solid fuel, moderate; oil, moderate*

METHOD. Sieve the dry ingredients together. Rub in the fat. Add the grated cheese Stir in sufficient beaten egg to make a stiff dough. Turn on to a floured board and roll out about one-eighth of an inch thick. Cut into strips four inches long, twist, if liked, and place on a greased baking sheet Bake in a moderate oven until golden brown. Cool on a wire rack. Make rings with pastry trimmings Placing the straws through these rings when cooked makes a decorative arrangement

Cream Cheese Tartlets (Savoury)

½ lb. short pastry (see page 182)
½–1 cupful cream cheese — **A little milk**
1–2 eggs — **Caraway seeds (whole or ground) (optional)**
Pepper and salt

Time. 15–20 minutes. Temperature· Regulo Mark 6–7; electricity, 400° F, solid fuel, hot; oil, hot

METHOD: Line patty tins with pastry. To every twelve patties beat one-half to one cupful of cream cheese with one to two eggs, pepper, salt, three to six tablespoonfuls of milk and, if you wish, caraway seeds (whole or ground) Fill the tins with the cheese mixture. Bake in a fairly hot oven for fifteen to twenty minutes, according to the depth of the cheese filling. Serve hot or cold (*Makes 12–16 tartlets—according to size*)

Irish Rarebit

4 medium onions — **Salt and pepper**
1 oz. margarine — **2 oz. cheese**
4 slices toast — **Mustard**

Time. about 15 minutes. Temperature: hot

METHOD · Fry the sliced onions in the margarine or cooking fat until brown. Spread thickly over the toast. Season. Cover with thin slices of cheese, spread with a little made mustard. Put into a hot oven or under the hot grill until the cheese is melted Serve at once. (*For 4 persons*)



Welsh Rarebit

Macaroni Cheese

3 oz. macaroni
½ pint béchamel sauce (page 358) or white sauce (page 373)
Salt and pepper
3 oz cheese
Breadcrumbs
1 oz. butter or margarine

Time about 30 minutes. Temperature Regulo Mark 8, electricity, 450° F.; solid fuel, hot, oil, hot

METHOD Wash the macaroni and boil in salted water until tender Drain from the water, wash, and put back into the saucepan Mix in the sauce and season with salt and pepper Stir over low heat until well mixed and quite hot Pour into a greased fireproof dish. Grate the cheese and sprinkle over the top with a few breadcrumbs Dot the top with small pieces of butter (or margarine) and bake in a quick oven until well browned Serve hot Garnish, if liked, with small triangles of toast (*For 4 persons*)

Welsh Rarebit

1 oz butter or margarine
1 teaspoonful flour
2 dessertspoonfuls milk
4 oz. grated cheese
Seasoning
Toast squares
1 teaspoonful made mustard

Time 3–6 minutes Temperature low

METHOD Melt butter, then add flour, milk, cheese and seasoning in the order mentioned, mixing well until creamy Cook over low heat for two minutes Serve on slices of hot, buttered toast. Garnish. (*For 4 persons.*)

Egg Dishes

FULL GUIDANCE on how to fry, poach and boil eggs, how to test for freshness, and many other useful hints, will be found on page 71 of the Principles of Cookery

The following recipes will help to make a few eggs go a long way with the addition of a variety of vegetables. Egg dishes served in this way make a satisfying and light main meal.

Egg Cutlets

2–3 oz. mushrooms
Fat for frying
3 hard-boiled eggs
Pepper and salt
Paste (thick white sauce):
½ oz. margarine
½ oz. flour
2–3 tablespoonfuls of milk
Yolk of egg to bind
Beaten egg and dried breadcrumbs for coating

Time: 10–15 minutes Temperature. hot

METHOD: Wash but do not peel, and chop the mushrooms. Fry them in a little fat Chop the eggs roughly. Make a thick white sauce with the margarine, flour and milk Add mushrooms, eggs and seasoning Bind with the yolk Spread the mixture on a plate to cool Divide the mixture into sections. Shape into cutlets Coat with egg and breadcrumbs Fry preferably in deep fat. But you can fry them in shallow fat. (*For 4 persons*)

Eggs Montreal

1 tin of salmon
Pepper and salt
1 oz. fat
1 oz. flour
Water
4 or more hard-boiled eggs
Beaten egg
Breadcrumbs

Time: 5–6 minutes. Temperature: hot

METHOD: Mash the salmon with a fork. Season Heat fat in a pan, add the flour, stirring well Add barely one-quarter of a pint water, stir, and cook for a few minutes Mash in the salmon and cool. Shell and flour the hard-boiled eggs Roll them in the fish mixture, making large balls. Flour, roll in egg and crumbs. Fry in very hot fat Cut in half before serving.

Serve hot with vegetables in season or cold as a salad Scoop the yolks from the eggs and blend with a tablespoonful of mayonnaise and a generous dash of paprika Pipe the mixture into the egg-white shells (*For 4 persons*)

Egg Nest

1 lb potatoes (cooked and mashed)	**4 eggs**
	White sauce (page 373)

Flavourings as under (*a* and *b*)

Time about 20 minutes Temperature moderate

METHOD: Prepare mashed potatoes Hard boil the eggs Make a white sauce. Strongly flavour the sauce with .

(*a*) Pepper and salt, mustard, a little vinegar and sugar, or

(*b*) Salt, curry powder and, if you wish, finely-chopped onions and dates

Cut the eggs in halves Pipe or heap the hot potatoes around the sides of a serving dish. Arrange the eggs in the centre Pour the sauce over the eggs, lifting them gently to coat them completely (*For 4 persons*)

Egg Scallops

1 egg per person	**Breadcrumbs**
Cheese	**Salt and pepper**

Time about 10–15 minutes. Temperature Regulo Mark 4–5, electricity, 350° F, solid fuel, moderate, oil, moderate



Eggs Montreal

METHOD · Well grease as many scallop shells as eggs required. Break a fresh egg into each one. Sprinkle with grated cheese, breadcrumbs and salt and pepper. Bake in a moderate oven, top shelf, until the egg is set.

Scotch Eggs

4 hard-boiled eggs
¾ lb. sausage meat
Beaten egg
4 tablespoonfuls breadcrumbs
Fat for frying

Time · about 7–8 minutes. Temperature: hot

METHOD. Shell the eggs and dip them into flour Cover each one with sausage meat Brush with beaten egg and roll in breadcrumbs. Fry in deep hot fat to a golden brown. Cut into halves Serve on watercress or lettuce leaves. Potato salad, page 335, goes well with Scotch eggs (*For 4 persons*)

Stuffed Eggs

1 egg per person
Various stuffings as below

METHOD: Hard boil the eggs Peel and halve lengthwise. Scoop out the yolk and put into a small basin. Add about the same amount of stuffing.

Suitable stuffings:

(*a*) Thick cream whipped with salt, pepper and lemon juice.
(*b*) Roquefort or gorgonzola or Danish blue cheese, crushed and creamed slightly with a very little milk.
(*c*) Anchovy paste or sauce and a little mayonnaise, one-third anchovy to two-thirds mayonnaise.
(*d*) Bottled sandwich spread.
(*e*) Two-parts salad cream, one-part capers, a little mustard and, if possible, lemon juice.
(*f*) Tomato purée made just smooth with cream or milk or white sauce
(*g*) A little thick white sauce, page 373, in which any of the following have been mixed.

Chopped mushrooms.
Tinned oysters
Chopped pickled walnuts.
Tinned or fresh shrimps cut up small.
Tinned or fresh prawns cut up small.
Tinned salmon cut up small.
Tinned lobster or crab cut up small
A little left-over cooked white fish seasoned and mashed If liked a few fine herbs can be added to this
Minced chicken, turkey, rabbit or any other poultry or game.
Macedoine of vegetables
A little chopped celery (cooked)
Cold cooked potatoes chopped and mixed with a little minced onion.



Salad Dressings and Salads

SALADS MAY be served all the year round In winter, when the more usual lettuce, tomatoes and cucumber are unobtainable or very expensive, winter vegetables may be used with great success The shredded heart of a white cabbage, or young brussels sprouts, make a delicious substitute for lettuce, and grated raw carrots and turnips are health-giving as well as appetizing.

Salad plants are decorative in themselves, but they need to be fresh to be at their best Limp green vegetables are not attractive They should never be pressed dry after washing, but should be shaken in a cloth or salad basket.

In the Principles of Cookery, page 125, will be found a list of all the salad vegetables, and following are some recipes for salad dressings which will be useful when a change is required

Economical Salad Dressing

(Mayonnaise Style)

½ pint white sauce (page 373)
2 egg yolks plus 2 tablespoonfuls of milk
Saltspoonful of made mustard
Dash of lime or lemon juice (fresh or bottled)
Pepper and salt

Time about 10 minutes Temperature. low

METHOD : Make the white sauce Beat the yolks with the milk Stir a little of the made sauce into the mustard and then add it to the sauce

Bring the sauce to the boil and pour over the beaten egg. Add flavouring and seasonings and over a low flame stir constantly but gently until it is well heated Do not let it boil Allow to cool thoroughly, covered, to prevent a skin forming

If in a hurry try the following To a white sauce add a saltspoonful of sugar, made mustard, salt and pepper and spiced vinegar to taste

French Dressing

¼ teaspoonful salt
¼ teaspoonful sugar
¼ teaspoonful pepper
¼ teaspoonful dry mustard
¼ teaspoonful paprika (optional)
⅛ pint lemon or lime juice (or vinegar)
¼ pint oil

METHOD: Put the dry ingredients into a small jar. Add the lemon juice or vinegar. Toss and shake to mix well. Add the oil. Again toss and shake to mix. You can do this best by using a glass jar with a screw top and screwing the lid on before you mix.

Lemon Dressing

Prepare as for "Oil and Vinegar Dressing," but substitute strained lemon juice for the vinegar. This is good with any green salad.

Mayonnaise

Pinch of salt
½ teaspoonful made mustard
Pepper
Yolk of 1 fresh egg
¼ pint olive oil
1 dessertspoonful vinegar (tarragon vinegar is best, but not necessary)

METHOD: To make mayonnaise properly is a long job, as the oil must be added drop by drop. To make an efficient "dropper," cut a small notch from each side of a cork. Keep an ordinary medicine bottle that has a good-fitting cork for this, but cut the notch only just large enough to allow one drop of oil to come at a time. Put the salt, mustard and pepper into a perfectly cold basin, then add the egg yolk unbeaten. Stir with a wooden spoon to mix. Next add the oil, dropping it in drop by drop and stirring with the wooden spoon all the time. Continue the process until the mixture looks like creamed butter. Then add the vinegar gradually. Keep the mayonnaise in a bottle well corked and in a cold place until required. This will not keep indefinitely, but will be quite good for a week if kept in a cold place.

Oil and Vinegar Dressing

¼ teaspoonful of salt
Pepper
¼ teaspoonful made mustard (optional)
2 tablespoonfuls olive oil
1 dessertspoonful vinegar
1 teaspoonful tarragon vinegar (optional)
Sugar (optional)

METHOD: Use tarragon vinegar if possible, but ordinary vinegar may be used if preferred. Mix the salt, pepper and mustard with the oil, add the vinegar and mix well. It must not be added to the salad until it is to be used. A little sugar, if liked, improves the flavour. That is the reason why it is often mixed at the table in a tablespoon, for the salad soon becomes limp after the dressing has been added. Some people like a little French mustard in this dressing.

Salad Dressing (Boiled)

2 yolks of eggs plus 4 tablespoonfuls milk
Barely 1 teacupful milk (¼ pint)
Pepper and salt
Sugar
1 teaspoonful made mustard
2 tablespoonfuls vinegar

Time about 15 minutes Temperature low

METHOD. Beat the eggs with the four tablespoonfuls of milk Bring the milk to the boil. Let it cool a little and then stir it on to the eggs. Return to the saucepan and cook over a very low flame until the eggs thicken. On no account let it boil, or it will curdle This dressing should be very thick When the eggs have thickened, pour the mixture into a basin. Add a good pinch of salt, sugar and pepper. Finally stir in the made mustard and the vinegar.

Use when cold.

Note A thinner dressing can be made, using one yolk to the same amount of milk

Salad Dressing (For Store)

2 oz. flour
1 teaspoonful dry mustard
1 teaspoonful salt
1 level dessertspoonful cornflour
2 teaspoonfuls sugar
¾ pint milk
2 oz butter or margarine
1 egg
Vinegar to taste

Time· about 20–30 minutes Temperature [illegible]

METHOD. Sieve the dry ingredients into a basin or [illegible] cream with cold milk Heat remainder of milk—b[illegible] gradually into the creamy mixture Add butter (or marg[illegible] stir in beaten egg and whisk well altogether Stand basin [illegible] hot water over very moderate heat Stir and cook until th[illegible] then leave to cool.

If preferred, the mixture can be cooked in the pan instead of the cas[illegible] jug, but the heat must be very low and the stirring continuous In both methods stirring must be continuous to ensure smoothness When the [illegible] smooth, leave to cool When cold, dilute the dressing with vinegar to taste and to the required consistency Pour into sterilized bottles, seal and store in a cool place.

Salad Dressing (Quickly Made)

1 teaspoonful caster sugar
Salt, pepper and mustard
1 egg
1 small tin evaporated milk
¼ pint vinegar

METHOD· Put the sugar and seasonings into a basin, add the egg and whisk thoroughly Whisk in the milk by degrees Add vinegar gradually.

Salads

The following salad recipes will make a change from the usual lettuce, tomato and beetroot salad so often served. Some of them are substantial enough to make a meal in themselves, others will add zest to a meal Try serving a salad once a day, it is health giving, and it will help to ring the changes on the menus.

American Salad

6 tomatoes
Salt and pepper
4 small potatoes
1 head of celery
1 onion
2 tablespoonfuls salad oil, or salad dressing
1 tablespoonful vinegar
2 hard-boiled eggs

METHOD Cut the tomatoes in thin slices—sprinkle with seasoning. Boil the potatoes and slice them while still warm. Season Clean the celery and cut the white part into strips Season. Peel and slice the onion, divide the slices into rings. Put the vegetables in a salad bowl Mix the oil and vinegar together and pour over the salad. Decorate with the eggs cut in slices and the onion rings. Serve as soon as mixed (*For 4 persons*)

Beetroot Salad

1 or 2 beetroots (according to size)
1 shallot
1 teaspoonful chopped parsley
1 dessertspoonful mustard or less
¼ pint thin cream (or top of milk)
Salt and pepper
1 lemon

METHOD . Cut cooked beetroot into thin slices. Chop the shallot finely and mix it with the parsley Put the mustard into a basin and mix it with the cream (or milk) by degrees Add salt and pepper and the lemon juice Arrange the slices of beetroot in layers in a salad bowl. Over each layer sprinkle a little of the mixed parsley and shallot Continue thus until the beetroot is used up. Just before serving pour the prepared dressing over. (*For 4 persons.*)

Celery Salad

1 head of celery
½ lb. fruit, fresh or dried
Salad dressing (page 351)

METHOD : Wash the good parts of the celery and slice them very finely. Mix with the fresh fruit, chopped small If you use dried fruit, soak well or cook it quickly Moisten well with salad dressing, mix and arrange in a salad bowl. Chunks of pineapples are the best fruit for celery salad. (*For 4 persons.*)



MACARONI CHEESE



BOWL OF MIXED SALAD WITH MEAT



Beetroot Salad

Chicken and Ham Salad

1 head celery
4 oz. cooked ham
4 oz. cooked chicken, or other poultry
3 cooked potatoes
Mayonnaise
2 lettuces
3 tomatoes, or a cooked beetroot
2 hard-boiled eggs
Pepper and salt

METHOD: Clean the celery and cut the white part into shreds. Cut the ham, chicken and potatoes into strips, not too fine Put these ingredients into a basin with salt and pepper and enough mayonnaise to bind them Wash the lettuce and arrange the best of the leaves on the bottom of a salad bowl. Mix the salad well and arrange it on the lettuce leaves Skin and quarter the tomatoes

Garnish the salad with the quartered tomatoes arranged alternately with piles of hard-boiled egg, coarsely chopped (*For 4 persons*)

Crab Salad

1 large crab or a tin of crab meat
2 tablespoonfuls salad oil—or **4 tablespoonfuls salad dressing (page 351)**
1 tablespoonful vinegar
Mustard
Salt and pepper
1 hard-boiled egg
Chopped parsley
Paprika (optional)
Lettuce

METHOD: Put the crab meat into a basin. If you use fresh crabs, crack the claws and divide the flesh from the claws into small pieces. Add this to the rest of the meat. Mix the oil or salad dressing with the vinegar, a little mustard, pepper and salt. Pour this over the crab. Stir until thoroughly mixed. Wash the crab shell, if any, and fill it with the dressed crab. Smooth the surface and decorate with the sieved or chopped hard-boiled egg, chopped parsley and paprika.

If you have used tinned crab meat, arrange the salad in a salad bowl. In any case, put the crab on a bed of lettuce leaves.

Fish Salad

½ lb. cooked white fish
1 gherkin or some pickles
2 tomatoes or 2 cooked carrots
Small piece of cucumber, or 1 small slice of beetroot
1 lettuce or endive
1 dessertspoonful capers (optional)
Salad dressing, at least 4 tablespoonfuls (page 351)
Salt and pepper

METHOD: Remove skin and bones from the fish and break the fish into large flakes. Chop the gherkin or pickles. Slice the tomatoes or carrots. Cube the cucumber or beetroot Wash and separate the lettuce or endive and lay in a bowl. Mix all the chopped ingredients (and capers) with the dressing. Season Pile high in the centre of lettuce-lined salad bowl, leaving some green leaves to show. Season just before serving (*For 4 persons.*)

Hunter Salad

Pickings of cooked fowl
2 tomatoes
2–3 cold cooked potatoes
Celery
1 small cooked beetroot
2 sour apples
Salt and pepper
Salad dressing (page 351)

METHOD: Trim the pickings of a cooked bird. Remove all bones Dice the tomatoes, cold potatoes and celery; cube a few slices of beetroot and the apples, peeled and cored. Put all the ingredients into a basin, season with salt and pepper. Add the dressing and mix well together. Garnish with slices of beetroot and curled celery. (*For 4 persons.*)

Note Curled celery. Cut a stick of celery into two- to three-inch lengths. Shave off very thin slivers and drop into a bowl of cold water. These will curl up and may be used as a garnish.

Lobster Salad

1 cooked lobster
1–2 lettuces
Pepper and salt
2 hard-boiled eggs
¼–½ pint mayonnaise, or salad dressing (page 351)

METHOD : Split the lobster down the back, remove the intestines, crack the claws and remove all the meat from the shell. Reserve any coral (red roe) for garnishing Cut the lobster meat small, reserving the best parts of the claws Break the clean lettuce into small pieces and arrange a layer of this in a salad bowl, sprinkle with salt and pepper. Then put in a layer of lobster and pour over some mayonnaise Continue in this way, piling the salad in the form of a pyramid. Coat with mayonnaise sauce. Wash, dry and rub the coral through a sieve Garnish the salad with slices of hard-boiled egg, the heart of one of the lettuces, the pieces of lobster claw and the coral. (*For 4 persons.*)

Macaroni Salad

1 large cupful of cooked macaroni, cut into pieces
½ small cucumber (diced), or 1 cupful shredded white celery
1 small onion (minced)
1 green pepper (optional)
2–3 tablespoonfuls mayonnaise (page 350)
Salt and pepper
Garnishes

METHOD : Mix all the ingredients together lightly so as not to break the macaroni. Add the mayonnaise and seasoning to taste. Garnish with lettuce or watercress, and pieces of tomato if liked. (*For 4 persons.*)

Mixed Vegetable Salad

1 small cauliflower
½ pint cooked peas
½ pint cooked beans
4 tablespoonfuls raw turnip, grated
4 tablespoonfuls cooked carrot
Salt and pepper
Mayonnaise (page 350)
1 lettuce
Hard-boiled egg for garnish

METHOD . Sprig and boil the cauliflower in boiling, salted water, but do not cook it too much as it should remain rather firm. Drain and allow to cool. Arrange the cauliflower and the other cooked vegetables in alternate layers in a salad bowl, seasoning each layer with salt, pepper and mayonnaise Wash and drain the lettuce and break into small pieces. Arrange the lettuce as a border round the salad and garnish with the hard-boiled egg and grated turnip. Serve as soon as mixed. (*For 4 persons.*)

New Yorker Salad

3–4 cupfuls roughly chopped cabbage heart
Salt and vinegar
About 1 cupful raw, finely-grated carrot
1–2 chopped raw apples
A few sultanas or chopped dates, or plums, stoned and cut up small
Cold cooked peas (optional)
Cold cooked cubed potatoes
Onions or chives (optional)
Salad dressing (page 351)

METHOD: Wash, dry and chop the cabbage into a large bowl. Sprinkle with salt and vinegar as you go. Add the other ingredients and mix well. Add salad dressing to taste. *(For 4-6 persons.)*

Russian Salad

- **2 oz. lean ham or cooked meat**
- **2 gherkins**
- **4 tablespoonfuls cooked green peas**
- **3 new potatoes (cooked)**
- **4 tablespoonfuls cooked french beans**
- **4 tablespoonfuls cooked carrot**
- **4 cooked mushrooms**
- **Seasoning**
- **¼ pint mayonnaise (page 350) or salad dressing (page 351)**
- **½ beetroot, cooked**
- **1 hard-boiled egg**
- **6 anchovy fillets**

METHOD: Cut the ham and the gherkins into strips and place in a salad bowl Add the peas, the potatoes, sliced, and the beans and carrot diced and the mushrooms chopped. Season with salt and pepper. Arrange these ingredients in the salad bowl in layers, seasoning each layer with a little mayonnaise Pile up in the bowl and pour remainder of dressing over Garnish with chopped beetroot, chopped cooked egg and anchovy fillets (*For 4 persons.*)



Russian Salad

Sauces

THE ABILITY to make a good sauce is an asset to any cook, experienced or otherwise. A plain meat or fish dish can be given quite a festive air if it is dressed attractively in a tasty sauce.

A sauce to be successful must be of a smooth texture, quite free of lumps Turn to page 168 of the Principles of Cookery for the basic rules, and then try some of the recipes which follow.

Savoury Sauces

Admiral Sauce

1 pint German sauce (page 365) or white sauce (page 373)
1 teaspoonful chopped capers
½ teaspoonful chopped parsley
A few drops lemon essence and anchovy essence
Salt

Time: about 15 minutes Temperature: low

METHOD: Heat the German (or white) sauce, stir in the capers, parsley, lemon essence and anchovy essence Add salt to taste. Warm thoroughly.

Anchovy Sauce

1 oz. butter or margarine
½ oz. flour
½ pint milk
4 tablespoonfuls fish stock
Seasoning
1 teaspoonful anchovy essence (more if liked, but it will make the sauce salt)

Time: about 15 minutes Temperature: low

METHOD: Melt the butter or margarine in a saucepan and stir in the flour. Cook for a few minutes and then add the milk and stock slowly, stirring well Stir until it boils and then simmer for three to five minutes. Season with pepper and finally add the anchovy essence.

Apple Sauce

2 lb apples **Sugar** **Water**

Time about 25 minutes. Temperature: low

METHOD: Peel and core the apples and cut into thin slices Put them into a saucepan with a little water and stew them until they become pulp Sweeten to taste. *Note.* The amount of water to be added depends on the apples, as some kinds require more than others When apples are scarce and dear

an excellent apple sauce can be made in another way which is far more economical. Do not peel or core the apples. Instead wash them well Cut them up small. Stew them with just enough water to prevent them from burning until they have rendered their own juice. Stir occasionally and make sure they are cooking in sufficient juice. Otherwise, add some hot water Rub through a hair sieve, sweeten.

Béarnaise Sauce

4 tablespoonfuls mixed vinegars (2 tablespoonfuls wine, 1½ tablespoonfuls tarragon and a few drops chilli), or ready-spiced vinegar
2 to 3 chopped shallots
6 crushed peppercorns
¼ pint béchamel sauce
2 yolks of eggs
1 oz. butter or margarine

Time: 35–45 minutes. Temperature. low

METHOD . Boil the vinegars with shallots and peppercorns until reduced to one-third of the original quantity. Add to the béchamel sauce, also the egg yolks and the butter in small pats. Take care that each pat is mixed in before adding the next, to prevent the sauce becoming oily. Strain through a sieve or muslin and reheat.

Béchamel Sauce

1 slice of carrot
Small piece celery (optional)
½ small onion
½ pint milk
1 blade mace (optional)
6 white peppercorns
1 clove
½ bay leaf
1 oz. butter or margarine
1 oz. flour
Salt
1 tablespoonful cream (optional)

Time: about 40 minutes. Temperature: low

METHOD : Clean the vegetables and cut them into pieces. Into a pan put the milk, mace, peppercorns, clove, bay leaf, and vegetables Keep on a low flame for at least half an hour. Strain. Melt the butter or margarine in a pan. Add the flour and cook well without browning Gradually add the seasoned milk, stirring, and boil well. If necessary strain once more and reheat. Lastly add the cream, if any.

Bordelaise Sauce

2 chopped shallots
1 small wineglassful port or claret or cider
½ pint brown sauce (page 359), or gravy
½ teaspoonful meat extract
1 teaspoonful parsley, tarragon and chervil
Salt and pepper

Time: about 40 minutes. Temperature: low

METHOD: Put the chopped shallots in a saucepan with the wine or cider and boil quickly to reduce the quantity to half. Add the brown sauce and simmer gently for fifteen minutes Skim well, add the meat extract and the chopped herbs Bring to the boil Season and keep hot until required. Strain before serving.

Bread Sauce

1 small onion
2 cloves (optional), stuck in the onion
½ pint milk
1 oz. butter or margarine
Pepper and salt
½ pint fresh breadcrumbs

Time: about 30 minutes Temperature: low

METHOD: Peel the onion and push the cloves into it Simmer gently with the milk and margarine for at least twenty minutes. If convenient, leave the pan in a warm place until required Remove the onion. Add seasoning and breadcrumbs, stir and serve at once.

Brown Fish Sauce

Fish bones and trimmings
1 onion
Bouquet garni
4 mushrooms (optional)
1 oz. dripping
1½ oz. flour
¼ pint claret (or cider) or more stock
Salt and pepper

Time about 35 minutes. Temperature: low

METHOD Cover the fish bones and trimmings with water, add onion, bouquet garni and mushrooms Simmer ten minutes and strain through muslin to give fish stock. Melt the fat, add the flour and cook until nut-brown, stirring all the time Add half a pint of fish stock and stir until boiling. Add the claret, season, and simmer ten minutes

Brown Sauce

1 onion
1 carrot
1½ oz. dripping, or lard
1¼ oz. flour (1 well-heaped tablespoonful)
1 pint stock
Seasoning

Time: about 40 minutes. Temperature: low

METHOD: Peel the onion, scrape the carrot, cut them in slices Melt the dripping or lard in a saucepan, put in the vegetables and flour, fry them a mid-brown, taking care not to let them burn. Add the stock and stir until it boils. Simmer for twenty to thirty minutes, if you wish, skimming off the fat as it rises. Season with pepper and salt. Strain through a sieve. It is then ready for use.

Brown Mushroom Sauce

4–8 mushrooms
4 tablespoonfuls sherry or cider (optional)
½ pint Espagnole sauce (page 364) or brown sauce (page 359) plus ¼ pint gravy, or ½ pint gravy
Seasoning

Time: about 30 minutes. Temperature: low

METHOD: Chop the mushrooms very finely. Put them into a small saucepan with the wine or cider and some of the sauce or gravy. Boil this gently until it is reduced considerably. Then add the sauce and/or the gravy. Stir over the fire until thoroughly hot. Add salt and pepper.

Caper Sauce

½ pint béchamel sauce (page 358)
2 teaspoonfuls chopped capers
1 tablespoonful vinegar from bottled capers

Time: about 15 minutes. Temperature: low

METHOD: Bring the sauce to the boil and stir in the capers and vinegar.

Note: For a more simple caper sauce, stir two teaspoonfuls chopped capers and a tablespoonful vinegar into half a pint of fairly thick white sauce.

Cardinal Sauce

½ pint béchamel sauce (page 358)
4 tablespoonfuls fish stock or white stock
Salt and pepper
4 tablespoonfuls cream (or top of milk)
Juice of ½ lemon
1 oz. lobster butter (page 384) (or 2 tablespoonfuls lobster paste)

Time: about 30 minutes. Temperature: low

METHOD: Warm the béchamel sauce. Add the fish stock and boil gently without a lid to reduce it to the consistency you wish. Season with salt and pepper. Add the cream or top of milk and the lemon juice. Whisk in the lobster butter. Stir until smooth. Strain, return to the saucepan to reheat.

Celery Sauce

1 small white head of celery
White stock and milk in equal quantities
1½ oz. butter or margarine
1½ oz. flour
Salt and pepper
1 tablespoonful cream (or milk)

Time: about 45 minutes. Temperature: moderately low

METHOD: Wash the celery and cut into small pieces, using only the white parts. Boil in enough white stock and milk mixed to cover it well When it is quite tender, drain it well and rub through a sieve Melt the butter or margarine in a saucepan Stir in the flour and add gradually one pint of the liquor in which the celery was boiled Cook this until it boils Simmer gently for at least fifteen minutes Add seasonings, celery and cream or milk. Reheat thoroughly without boiling.

Chaudfroid Sauce (Savoury)

¼ pint aspic jelly (see page 326)
1 teaspoonful powdered gelatine
½ pint béchamel sauce (see page 358)
2 tablespoonfuls cream (or top of the milk)
Seasoning

Time· 20 minutes Temperature low

METHOD: Heat the aspic jelly without bringing to the boil Stir in the gelatine until dissolved Whilst still hot add the béchamel sauce, blending thoroughly Stir in cream and season to taste Strain before using as required.

Note· If a chicken is coated with chaudfroid sauce, a little chopped parsley may be sprinkled over it, this breaks up the expanse of whiteness



Chicken coated with Chaudfroid Sauce

Chestnut Sauce (Brown)

1 pint brown sauce (page 359) or gravy
Dash of bottled tomato sauce
1 glass sherry (or cider, or ale)
½ lb. chestnuts
¾ pint brown stock
Cayenne and salt
Nutmeg

Time: about 1½ hours. Temperature: low

METHOD: Heat the brown sauce and add the tomato sauce and the wine Bring to the boil and simmer for ten minutes. Remove the outer shell of the chestnuts. Throw the chestnuts into boiling water for about ten minutes Drain and peel off the inner skin. Boil the chestnuts, after they are peeled, in the stock until tender—about one hour. Rub through a sieve, return to the pan and season rather strongly with cayenne, salt and nutmeg. Stir in the sauce and simmer for five to ten minutes.

Chestnut Sauce (White)

½ lb. chestnuts
¾ pint white stock
½ lemon
Salt and cayenne
4 tablespoonfuls cream (or top of milk)

Time: about 1 hour. Temperature: low

METHOD: Remove the outer shell of the chestnuts. Cook the chestnuts in quickly-boiling water for about ten to fifteen minutes. Drain and peel off the inner skin. Boil them in the white stock flavoured with lemon, until tender; rub through a sieve. Or, mince the nuts and boil in a white stock flavoured with lemon until tender. Return to the saucepan, add salt and cayenne to taste. Finally stir in the cream or top of milk and serve.

Creole Sauce

1 oz. butter or margarine
1 onion
6 crushed peppercorns
4 tablespoonfuls white wine or cider
½ pint brown sauce (page 359)
2 tomatoes
Salt and pepper

Time: about 35 minutes. Temperature: low

METHOD: Melt the butter or margarine in a saucepan and put in the onion, sliced, and the peppercorns Fry without browning. Add the wine to dilute and boil one minute. Add the brown sauce and simmer for twenty minutes. Peel the tomatoes and cut into slices after removing seeds. Put into the sauce and cook for a further five minutes Season to taste, with salt and a little pepper.

Cucumber Sauce

½ cucumber
½ pint béchamel sauce (page 358)
4 tablespoonfuls cream (or top milk)
Pepper and salt

Time: about 40 minutes Temperature low

METHOD · Peel the cucumber, cut in half lengthwise and remove seeds Boil the cucumber in salted water until tender and then drain carefully Rub through a sieve. Heat the béchamel sauce Add the sieved cucumber, cream (or milk) and seasonings. Stir over a low flame until thoroughly hot.

Curry Sauce

2 onions
2 oz. butter or margarine
½ tablespoonful curry powder
4 tablespoonfuls white stock
1 pint veloute sauce (page 372), or white sauce flavoured with vegetables, herbs or mushrooms

Time. about 40 minutes Temperature · low

METHOD: Peel and chop the onions finely Fry them until lightly browned, in the butter or margarine Drain off the butter, add the curry powder and cook for a few minutes Add the stock and simmer gently for about twenty minutes. Pour in the veloute (or white) sauce, bring to the boil, and simmer for ten minutes.

Devilled Sauce

2 tablespoonfuls vinegar
2 chopped shallots
10 peppercorns
½ pint brown sauce (page 359)
½ teaspoonful made mustard
½ teaspoonful Worcester sauce
Salt and cayenne

Time · about 20 minutes Temperature: low

METHOD : Boil the vinegar with the shallots and crushed peppercorns in an uncovered pan until reduced to one teaspoonful Add the brown sauce and simmer for ten minutes Add the made mustard and the Worcester sauce Season with salt and cayenne. Reheat without boiling.

Diplomat Sauce

½ pint Normandy sauce (page 368)
2 tablespoonfuls lobster meat or tinned crab meat
2 tablespoonfuls cream or top milk
½ oz. lobster butter (page 384) or 2 tablespoonfuls lobster fish paste

Time · about 15 minutes Temperature: low

METHOD: Add to the Normandy sauce the lobster or crab meat cut in small pieces. Stir in the cream or top of milk. Finally, add the lobster butter or lobster fish paste in small pats. Heat up quickly.

Epicure Sauce

1 cucumber
Salt and pepper
½ pint mayonnaise (page 350)
2 tablespoonfuls aspic jelly (page 326)
4 tablespoonfuls cream or top of milk
1 dessertspoonful chopped gherkins
1 tablespoonful vinegar

Time: about 20 minutes. Temperature: low

METHOD: Peel the cucumber, cut in quarters and remove the seeds. Cut into small pieces and put into a saucepan with sufficient water to cook them Add salt and boil until tender, about twenty minutes Strain and run through a sieve. As soon as purée is cold, stir it into the mayonnaise Add aspic jelly, and cream (or milk), seasonings and the chopped gherkins and vinegar.

Espagnole Sauce (Spanish Sauce)

2 oz. butter or margarine
1 sliced onion
1 small sliced carrot
3–6 mushrooms
1–2 oz. raw ham or lean bacon
2 oz. flour
1 pint brown stock
Pepper and salt
¼ pint tomato pulp
1 small glass sherry or cider

Time: about 2½ hours. Temperature: low

METHOD. Heat the fat in a saucepan. Cut vegetables and mushrooms into small pieces and fry with the fat. Add the chopped ham or bacon and fry well. Add the flour and stir to a rich brown colour. Gradually add the stock and seasonings Simmer for one hour, closely covered with a lid. Add the tomato pulp and the sherry and simmer for a further hour. Strain and reheat.

Five Herb Sauce

½ pint veloute (page 372)
4 tablespoonfuls vegetable stock
2 beaten yolks of eggs
1 tablespoonful chopped parsley
1 teaspoonful chopped tarragon and chervil (or dried mixed herbs)
Juice of ½ lemon
Salt and cayenne
¼ oz. butter or margarine

Time: about 20 minutes. Temperature: low

METHOD: Put the veloute sauce and the vegetable stock in a saucepan Boil gently, stirring occasionally, until it has the consistency you favour Bind with the beaten egg yolks but do not allow it to boil again Add the chopped herbs, the lemon juice, salt and cayenne Finally add the butter or margarine, gradually beating it in.

Game Sauce

Carcases and trimmings of any kind of game
1 small onion
A piece of carrot
1 sprig of thyme
1 bay leaf
1 clove
Small piece of mace or pinch of ground mace
4 tablespoonfuls sherry (optional)
1 pint brown sauce (page 359)
Seasoning

Time· 30–40 minutes Temperature. low

METHOD: Chop up the carcases and trimmings of game. Slice the raw vegetables Put all together in a saucepan with the herbs and spice. Moisten with the wine Add the brown sauce, bring to the boil and simmer for at least half an hour Pass through a sieve, reheat and season to taste

German Sauce

1 pint veloute sauce (page 372)
4 tablespoonfuls chicken or veal or light vegetable stock
2 tablespoonfuls cream (or milk)
1–2 yolks of eggs
Salt and cayenne
Lemon juice
½ oz. butter or margarine (optional)

Time about 40 minutes Temperature low

METHOD. Boil the veloute sauce with the stock and one tablespoonful of cream or milk until it has the consistency you favour. Add the beaten yolks and the rest of the cream or milk and stir into the sauce Cook over the fire without boiling. Season with salt and cayenne and a little lemon juice Strain If you wish to add the butter or margarine, melt it in the sauce before straining

Gooseberry Sauce

1 oz. butter or margarine
¾ oz. flour
½ pint milk
Salt and pepper
½ pint green gooseberries
Sugar to taste

Time. about 35 minutes Temperature· low

METHOD Melt one ounce butter or margarine in a saucepan. Stir in the flour and cook for a few minutes, but see that the flour does not brown. Add the milk and bring to the boil, stirring all the time Season with salt and pepper and let it simmer for at least ten minutes Wash gooseberries

and top and tail them. Put them into a saucepan with a little water and simmer gently until tender. Drain, and rub the gooseberries through a sieve. Stir the gooseberries into the warm sauce. Add the sugar.

Hollandaise Sauce

Teacupful of vinegar — **3 oz. butter**
2–3 egg yolks — **Salt and pepper**
Little grated nutmeg (optional)

Time: about 40 minutes. Temperature: low

METHOD: To make, reduce a teacupful of vinegar (by boiling) to a half. Stir in the beaten yolks of two to three eggs, a small knob of the butter and seasoning to taste. If liked, add a little grated nutmeg. Using a wooden spoon, stir over low heat—in a double saucepan for preference; as the sauce thickens, add two to three ounces of butter in small pieces, removing pan from heat occasionally, beating briskly. The sauce should not boil at any time whilst cooking. Keep warm in a double pan until required.

Horse-radish Sauce

½ pint béchamel sauce (page 358), or white sauce (page 168)
2 tablespoonfuls grated horse-radish
½ teaspoonful sugar
1½ teaspoonfuls vinegar
Cayenne and salt

Time: about 10 minutes. Temperature: low

METHOD: Heat the béchamel or white sauce. Add all the other ingredients and then the seasoning. Stir briskly all the time to prevent curdling.

Lobster Sauce

½ pint béchamel sauce (page 358)
2 tablespoonfuls chopped lobster
A little lobster spawn or coral (roe)
Pinch of cayenne

Time: about 10 minutes. Temperature: low

METHOD: Warm up the sauce and add the finely-chopped lobster, some lobster spawn (pounded) or coral and a pinch of cayenne. Heat up and serve.

Lyonnaise Sauce

1 glass sherry or cider
½ pint clear fish stock
½ teaspoonful chopped shallot
½ bay leaf
6 white peppercorns
1 teaspoonful meat extract
½ oz. cornflour
4 tablespoonfuls tomato purée or bottled sauce
Cochineal (optional)
Seasoning

Time: about 15–20 minutes. Temperature: low

METHOD: Put the wine, fish stock, shallot, bay leaf, peppercorns and meat extract into a saucepan and simmer slowly for ten minutes, with a lid on the pan. Mix the cornflour into a basin with the tomato purée. Add the wine and other ingredients to this, return to the pan and bring to the boil Sieve and reheat. Season to taste. If you wish, add a few drops of cochineal to improve the colour.

Maître D'Hôtel Sauce (Master Sauce)

½ pint béchamel sauce (page 358)
1 dessertspoonful finely-chopped parsley
Juice of ½ lemon
Cayenne and salt

Time. about 20 minutes Temperature low

METHOD: Heat the béchamel sauce Add the parsley and cook for a few minutes. Then add the lemon juice and seasonings.

Note: The parsley should be squeezed in a dry cloth after chopping to remove the moisture, which will be green in colour and which would give a green sauce if left in.

Mint Sauce

1 teaspoonful sugar
1 dessertspoonful boiling water
3 tablespoonfuls of mint
Up to 6 tablespoonfuls of vinegar

METHOD Put the sugar into a sauce-boat and add the boiling water to dissolve the sugar Let it cool, then add the finely-chopped mint Mix together and add sufficient vinegar to dilute to taste It is then ready to serve

Note: Mint sauce can also be made in the following way Chop a little mint finely, mix it with sugar to taste and add the juice of a lemon instead of vinegar.

Mornay Sauce

¾–1 oz. butter or margarine
¾ oz. flour
½ pint milk
2 tablespoonfuls vegetable stock (optional)
4 tablespoonfuls cream or top of milk
1½ oz. grated cheese
Salt, pepper and cayenne

Time: about 30 minutes. Temperature: low

METHOD · Melt the butter in a saucepan, stir in the flour and cook for a few minutes, but do not let the flour brown. Add half-pint of milk and the stock gradually and cook for about ten minutes, stirring occasionally. Stir in the cream or top milk and carefully add the grated cheese. Season with salt, pepper and a pinch of cayenne.

Mousseline Sauce

¼ pint white stock
4 tablespoonfuls cream (or top of milk)
2 yolks of eggs
Grated nutmeg
Pepper and salt
½ oz. butter or margarine
Lemon juice

Time: about 10 minutes. Temperature: low

METHOD: Put all the ingredients except the butter and lemon juice into a pan, and whisk over a gentle heat until well mixed. Then add the butter in small pats, taking care that each pat is worked in before the next is added. Flavour with lemon juice and serve at once.

Mustard Sauce

¾ oz. butter or margarine
¾ oz. flour
½ pint fish stock
1 teaspoonful mustard
2 tablespoonfuls vinegar
Salt and pepper

Time: about 15 minutes. Temperature: low

METHOD: Melt the butter or margarine in a saucepan and stir in the flour. Add the stock gradually. Stir until it boils and cook gently for ten minutes Mix the mustard with the vinegar to a smooth paste Add this to the sauce, stirring.

Season with salt and pepper to taste.

Normandy Sauce

1 oz. butter or margarine
1 oz. flour
½ pint fish stock
1 egg yolk
Lemon juice
Pepper and salt
½ oz. fresh butter or margarine

Time: about 20 minutes. Temperature: low

METHOD: Melt one ounce of butter or margarine in a saucepan and stir in the flour. Add the fish stock gradually. Boil gently for a few minutes Cool and then add the egg and thicken by heating without boiling. Add lemon juice and seasoning Whisk in half an ounce of butter or margarine, adding it gradually in small pats Strain if necessary. This sauce should be as thick as whipped cream

Onion Sauce (Soubise)

4–6 onions
½ pint thick béchamel sauce—(page 358) or well-flavoured white sauce (page 373)
1–2 tablespoonfuls cream (or top of milk)
Pepper and salt
Pinch of sugar

Time: about 30–35 minutes. Temperature: low

METHOD: Boil four to six onions until tender. Drain them. Chop them finely and rub through a sieve. Heat the sauce. Add the onion purée, cream or milk, seasonings and sugar. Reheat without boiling.

Oyster Sauce

9 oysters
¾ oz. butter
½ pint béchamel sauce (page 358) or white sauce (page 373)
1 egg yolk
1 teaspoonful lemon juice
Seasonings

Time: 20-30 minutes Temperature: low

METHOD: Remove beards from the oysters. Cut the oysters into quarters, and put them with their liquor into a pan. Add the butter, cover pan, and gently bring to simmering point. Strain off liquor into a small pan. Add the béchamel sauce and again bring to simmering point. Add yolk of egg, pieces of oysters and lemon juice.

Reheat without boiling and adjust seasoning.

Note: Mussel sauce can be made this way by using mussels instead of oysters, and can be used in the place of oyster sauce.

Paprika Sauce

1-2 onions
½ lb. tomatoes (or teacup of tomato ketchup, or bottled tomato sauce, or purée)
1½ oz. dripping
1½ oz. flour
¾ pint vegetable stock
Salt
Level dessertspoonful paprika

Time: 40-50 minutes Temperature: low

METHOD: Chop the onions. Wash and chop the tomatoes. Heat the fat in a saucepan. Add the flour and stir until light brown. Do this over a low flame to ensure even colouring. Add the cold stock, stirring vigorously until it boils, if necessary adding a little more cold stock. Add the chopped vegetables and salt to taste. Cover with a lid and simmer until the vegetables are cooked to a mush. If you wish, sieve the sauce—but you can serve it with the vegetables unsieved if you prefer to do so.

If you have used a tomato product instead of fresh tomatoes, add this with the chopped onions and if necessary a little more stock or water. In any case, stir occasionally while the sauce simmers to prevent it sticking to the bottom of the pan. Pour the paprika into a small cup, add a little of the sauce and stir until smooth, perhaps adding a little more sauce. Add the paprika cream to the sauce, stir and leave to boil gently for another five to ten minutes. It is most important to taste the sauce. Paprika varies considerably, and you may be well advised to add first only half the amount given and then taste before adding more.



Parsley Sauce with Baked Cod

Parsley Sauce

½ oz. butter or margarine
½ oz. flour
A little less than 1 breakfast-cupful milk
1 dessertspoonful chopped parsley
Pepper and salt

Time: about 15 minutes. Temperature: low

METHOD: Melt the butter or margarine in a saucepan and mix in the flour. Add the milk slowly, stirring until it boils. Simmer for ten minutes, then add the parsley, pepper and salt.

Pepper Sauce

12 white peppercorns
¼ pint vinegar
1 sliced onion
1 small sliced carrot
3–6 chopped mushrooms
2 oz. butter or margarine or dripping
1–2 oz. raw ham or lean bacon
2 oz. flour
1 pint brown stock
Pepper and salt
¼ pint tomato pulp
1 small glass sherry or ale (optional)

Time: about 2½ hours Temperature: low

METHOD: Crush the peppercorns and boil in the vinegar until reduced to half the quantity. Prepare the vegetables Heat the fat in a saucepan Cut the ham or bacon and vegetables into small pieces Fry the vegetables in the pan with the fat Add the ham and fry Add the flour and stir to a rich brown colour. Gradually add the stock and seasonings Simmer for one hour Add the tomato pulp, the sherry and the vinegar and simmer for a further half-hour. Strain through muslin and reheat

Reform Sauce

½ pint pepper sauce (page 370) **1 dessertspoonful red-currant jelly**
4 tablespoonfuls wine or cider

Time: about 20 minutes. Temperature. low

METHOD: Bring the pepper sauce to the boil Add the red-currant jelly and wine or cider and simmer for ten minutes Strain

Remoulade Sauce

1 yolk of egg
Pepper and salt
¼ pint salad oil
4 teaspoonfuls tarragon vinegar
6 tablespoonfuls malt vinegar
1 teaspoonful made mustard
1 teaspoonful parsley and chervil leaves

METHOD: Put the egg in a basin and add pepper and salt Stir with a wooden spoon, dropping in the oil, a drop at a time, then more quickly stirring all the time. Slowly add the vinegars and the made mustard stirring well Lastly, stir in the finely-chopped parsley and chervil leaves which have been squeezed in a dry cloth

Sailor Sauce

½ carrot
½ onion
½ oz. butter or margarine
4 tablespoonfuls claret or cider
4 tablespoonfuls fish stock
½ pint brown sauce (page 359)
2 tomatoes
Seasoning
Lemon juice

Time: about 30 minutes Temperature · low

METHOD: Peel and slice the carrot and onion and fry in the butter or margarine to a nice brown Add the wine and fish stock Boil gently without a lid to reduce to half its volume Stir in the brown sauce and add the tomatoes cut in slices. Simmer for fifteen minutes

Strain, reheat and season to taste with salt, pepper and a few drops of lemon juice

Shrimp Sauce

½ pint white sauce (page 373)
¼ pint picked shrimps
1 teaspoonful anchovy essence
Few drops lemon juice
Cayenne pepper

Time: about 10 minutes. Temperature: low

METHOD: Make a white sauce and put all the ingredients into it. Let it stand for a few minutes where it cannot boil, then serve.

Supreme Sauce

½ pint veloute sauce (below)
1 yolk of egg
1 tablespoonful cream (or top of milk)
1 oz. butter
Lemon juice

Time: about 30 minutes. Temperature: low

METHOD: Heat the veloute sauce. Beat the yolk with the cream. Add this to the sauce and keep on a low flame to thicken without boiling. Remove from the heat, and whisk in the butter in small pieces and add the lemon juice

Tartare Sauce

1 dessertspoonful mustard
Little vinegar
1 gill mayonnaise (see page 350)
1 dessertspoonful each chopped pickled gherkins and onions
1 dessertspoonful chopped capers
½ teaspoonful anchovy essence

METHOD: Mix the mustard to a very thin paste with vinegar. Add this slowly to the mayonnaise. Mix it thoroughly with the other ingredients and use as required

This is one of the most popular of the fish sauces.

Veloute Sauce (Velvety Sauce)

1¼ oz. butter or margarine
1¼ oz. flour
1 pint white stock
Mushrooms or peelings (optional)
6 peppercorns
1 small bouquet garni, or ½ teaspoonful mixed herbs
Salt

Time: about 40 minutes Temperature: low

METHOD : Melt the butter in a saucepan and stir in the flour. Cook over the flame without browning for a few minutes Add the stock slowly and stir until it boils Put in the mushrooms or peelings, peppercorns, bouquet garni or herbs, and salt to taste Let this simmer gently for thirty minutes, stirring occasionally. Strain and reheat carefully, if necessary.

Villeroy Sauce

1½ oz. butter or margarine
1 oz. flour
½ pint milk
¼ pint white stock
2 egg yolks
4 tablespoonfuls cream or top of milk
2 oz. cooked ham or bacon
Juice of ½ lemon
Seasoning

Time: about 25–30 minutes. Temperature: low

METHOD : Put one ounce butter in a saucepan. When it is melted stir in the flour. Cook for a few minutes without browning. Slowly stir in the milk and stock and simmer for fifteen minutes Bind the eggs with the cream and add to the hot, *not* boiling, sauce Do not boil again, but stir well to thicken Add the ham, finely chopped, the lemon juice and seasoning Stir in the remaining butter a small piece at a time

This sauce must be thick.

White Mushroom Sauce

½ pint béchamel sauce (page 358) or well-flavoured white sauce (below)
½ pint white stock
4–8 oz. peeled mushrooms
Juice of ½ lemon
4 tablespoonfuls white wine or cider (optional)
2–4 tablespoonfuls cream (or milk)
Salt

Time: about 40 minutes. Temperature. low

METHOD . Put the béchamel or white sauce and the white stock into a saucepan and boil gently until it is reduced to half the quantity. Cut the mushrooms into thin strips Add these, lemon and the wine (if used) to the boiling sauce Simmer gently for ten minutes, covered Taste for seasoning. Add the cream or milk and serve.

White Sauce

The method of making the basic white sauce, whether with a roux of flour and fat, or with cornflour, is described in detail in the Principles of Cookery, page 168. As this sauce is used so often as the basis of other sauces, the methods of making it properly will repay study.

Sweet Sauces

A well-flavoured sweet sauce will enhance the plainest suet pudding. Many of the following recipes are easy and economical to make A plain ice-cream is delicious with a hot chocolate sauce poured over it, and a milk pudding will please the children if it is served with jam sauce

Almond Sauce

1 oz. sweet almonds
6 bitter almonds, or more sweet ones plus a little almond essence
2 oz. caster sugar
A little orange-flower water or orange essence
Yolk of egg
¼ pint cream or top of milk or tinned evaporated milk

Time 10–15 minutes. Temperature: low

METHOD: Blanch the almonds and mince them, or chop them finely. Mix with the sugar and orange-flower water. Put this into a saucepan with the egg and the cream or milk. Whisk over a very low flame until frothy. The sauce must on no account boil

Apricot Sauce

½ oz. cornflour
½ pint water
2 tablespoonfuls apricot jam
1 oz. sugar
Juice of ½ lemon

Time 7–10 minutes. Temperature: moderate

METHOD: Mix the cornflour to a smooth paste with a little water. Put the jam, sugar and water into a saucepan and boil for two minutes. Add the blended cornflour and boil for a few minutes longer Finally, add the lemon juice Strain and serve.

Arrowroot Sauce

1 teaspoonful arrowroot
½ pint milk
Approximately 1 oz. sugar
Pinch of salt
Flavouring

Time about 10 minutes. Temperature: low

METHOD: Mix the arrowroot and milk together. Put into a saucepan and boil gently, stirring all the time Add the sugar, salt and flavouring

Note. Chocolate sauce can be made from this recipe, using either one teaspoonful of cocoa *or* one heaped dessertspoonful of chocolate powder to every half-pint of liquid.

In either case, put the powder with the arrowroot and add the liquid slowly.

Brandy Sauce

½ pint milk
½ oz. cornflour
1 oz. sugar
1 small wineglassful of brandy

Time: about 6 minutes Temperature moderate

METHOD: Mix the milk and cornflour together. Put into a saucepan with the sugar and boil for five minutes, stirring all the time. Add the brandy.

Butterscotch Sauce

¼ lb. sugar, brown, or 3–4 tablespoonfuls golden syrup
½ pint water
½ oz. butter or margarine
½ teaspoonful arrowroot
1 dessertspoonful water
¼ teaspoonful vanilla

Time: 10–15 minutes Temperature: moderate

METHOD. Dissolve the sugar in water. Add the butter or margarine and boil for five minutes. Thicken with the arrowroot blended with water. Cook for two or three minutes. Add the vanilla, mixing well.

Caramel Sauce

2 oz. sugar
4 tablespoonfuls water
½ pint milk
½ oz. caster sugar
Vanilla essence
Pinch of salt
¼ oz. cornflour

Time. about 20 minutes Temperature · moderate

METHOD: Put the two ounces sugar and the water into a saucepan and let it boil until it is a medium brown colour. Pour in the milk at once and let it simmer for five minutes. Add the half-ounce caster sugar and the essence and the salt. Mix the cornflour to a smooth paste with a little milk. Add this to the sauce and bring to the boil Simmer for a few minutes and strain.

Chaudfroid Sauce (Sweet)

1 oz. butter or margarine
¾ oz. flour
1 pint milk
Sugar to taste
Flavouring (any essence liked)
Pinch of salt
½ oz. gelatine
4 tablespoonfuls cream or top of milk

Time · about 15–20 minutes. Temperature: low

METHOD Melt the butter or margarine in a saucepan Stir in the flour. When mixed, add the milk gradually and stir again until it boils Let it simmer for ten minutes, stirring frequently. Add the sugar and flavouring and salt. Dissolve the gelatine thoroughly, then add it to the sauce. Stir in the cream or top of milk. Reheat, but do not let it boil. Leave to cool and use for coating when just at setting point.



Cornflour Sauce

Chocolate Sauce

2 oz. grated chocolate
Pinch of salt
1 oz. sugar
Teaspoonful arrowroot
½ pint water
A few drops vanilla

Time. about 10 minutes Temperature· moderate

METHOD . Put the chocolate, salt, sugar and arrowroot into a saucepan Add the water and stir until it boils Simmer for two minutes. Flavour with vanilla

Confectioner's Custard

3 oz. butter or margarine
1½ oz. flour
Pinch of salt
½ pint milk
Sugar to taste
1 egg yolk
4 tablespoonfuls cream or top of milk
Vanilla or rum essence

Time· 10–15 minutes Temperature low

METHOD · Melt one and a half ounces of butter or margarine in a saucepan Stir in flour and salt until mixed Then add milk gradually, cooking and stirring until smooth Add remaining butter a little at a time, stirring constantly. Draw pan from heat and stir in sugar and egg yolk, mixing well Return pan to low heat and stir without boiling until egg is cooked—a minute or two. Now add cream and flavouring and allow to cool When cold, use in the same way as whipped cream for filling pastry cases, flans, etc

Cornflour Sauce

½ oz cornflour | **Sugar to taste (½–1 oz.)**
¾ pint milk | **½ oz butter or margarine**
Lemon rind or vanilla

Time about 10 minutes Temperature. moderate

METHOD. Mix the cornflour with a little of the milk in a basin Boil the milk, sugar and butter or margarine When boiling, pour it on the cornflour and stir Return to the saucepan and boil for three to five minutes, stirring meanwhile Add flavouring

Note The above cornflour sauce or, for that matter, any well-cooked white sauce, is the basis for an appealing variety of sauces to be served with puddings

The only alternative you have to worry about is the choice of your flavouring Here are a few suggestions which may help you to make your best choice

1. **Dark fruit pudding**—sauce flavoured with lemon or wine or rum essence

2 **Light boiled or steamed pudding**—sauce flavoured with grated orange peel and a little orange juice or orange essence

3 **Baked puddings with fruit** (such as dried fruit or apples)—sauce flavoured with cinnamon (one level teaspoonful per half-pint) or ground ginger (amount depends on the strength of the ground ginger)

4 **Chocolate blancmange**—sauce flavoured with desiccated coconut (one well-rounded tablespoonful per half-pint)

Custard Sauce

1–2 eggs
Pinch of salt | **¾ pint milk** | **1 oz sugar**
Rind of half a lemon

Time about 10–15 minutes Temperature · moderate–low

METHOD Beat the eggs in a basin with the salt Put the milk, sugar and lemon rind into a saucepan and bring to the boil Pour on to the eggs, whisking all the time Pour into a saucepan and stir over a low flame until the sauce thickens It must not boil, or the sauce will curdle

Diplomat Sauce

¼ lb. sugar | **½ pint water** | **½ oz cornflour**
1 wineglassful claret or fruit squash
Juice of ½ lemon

Time. 10–15 minutes Temperature moderate

METHOD Boil the sugar and water for five or ten minutes Mix the cornflour with a little water and thicken the syrup with it After it has boiled well, stir in the wine or fruit squash and the lemon juice.

Hard Sauce (Brandy Butter)

4 oz. fresh butter or margarine
4 oz. sugar—preferably icing sugar
1 glass brandy

METHOD · Cream the butter and sugar with a wooden spoon until creamy and light Stir in the brandy until blended, chill and serve

Jam Sauce

2 tablespoonfuls raspberry or strawberry jam, or other jam
Juice of ½ lemon
½ glass sherry (or cider) or this amount of water only
A few drops cochineal
½ pint water
2 oz. sugar, and 1 tablespoonful water

Time · about 10 minutes. Temperature moderate

METHOD . Put all the ingredients except the cochineal into a saucepan Boil quickly for five to ten minutes without a lid until syrupy. Colour with cochineal. Strain and serve.

Lemon Sauce

½ pint milk
Rind and juice of ½ lemon
½ oz. sugar
2 yolks of eggs

Time. about 10–15 minutes. Temperature: moderate to low

METHOD . Boil the milk with the rind of the lemon and the sugar. Beat the eggs and pour on the hot milk. Return to the pan and whisk well over low heat until the sauce has the consistency you wish Add a little of the lemon juice Strain and serve.

Marmalade Sauce

½ oz. cornflour
½ pint water
Rind of 1 lemon and juice of ½ lemon
1 oz. sugar
1 tablespoonful marmalade

Time: 10–12 minutes. Temperature: moderate

METHOD : Mix the cornflour with a little water. Put the half-pint water on to boil with the grated lemon rind and sugar. Strain on to the cornflour and return to the pan. Boil for three minutes, stirring constantly. Stir in the marmalade and the lemon juice. Mix well.

Rum Sauce

2 oz. sugar
Rind of 1 lemon
¼ pint water
4 tablespoonfuls rum

Time · about 5 minutes Temperature moderate

METHOD Put the sugar and grated lemon rind into a saucepan with the water. Boil quickly for three minutes without a lid and then add the rum Heat again, strain and serve

Rum Syrup

¾ pint water
6 oz. sugar
3 tablespoonfuls rum or sherry or dark wine
Juice of ½ lemon

Time · about 7 minutes Temperature · moderate

METHOD Boil the water and sugar for about seven minutes (without the lid) until it forms a syrup Add the wine and lemon juice This will keep if well and cleanly bottled

Sabayon Sauce

1 oz sugar
2 yolks of eggs
4 tablespoonfuls Madeira wine or sherry
4 tablespoonfuls cream or top of milk

Time · about 30 minutes Temperature low

METHOD . Put the sugar, eggs, wine and cream or top milk into a saucepan. Place this in a larger saucepan containing boiling water over the flame Whisk until it is frothy Continue whisking until it begins to thicken

Sweet Mousseline Sauce

2 egg yolks
1½ oz sugar
4 tablespoonfuls cream (or top of milk)
¼ pint water
1 tablespoonful sherry or a little suitable flavouring

Time: about 10–15 minutes Temperature · low

METHOD · Whisk all together over a gentle heat until cooked and creamy throughout Do not let it boil.

Forcemeats

FORCEMEATS AND STUFFINGS are mixtures put within meat (or fish) or cooked with it The seasonings of the stuffing will enhance the flavour of the meat during the process. At the same time, the juices of the meat will penetrate the stuffing, thus making it fit to be served at the side.

You can start at the bottom rung of your ambition for making interesting stuffings by using bread as the main bulk. Other meats, sausage meat, spices and condiments will help you to improve on your stuffing. Most stuffings—and the meat in which they cook—are improved by the addition of something sour-sweet, such as dried fruit. At the top of the various grades you will find the stuffing consisting of finely-chopped liver, ground almonds, etc There is also the stuffing most suitable for pork or goose, which consists of chopped apples bound with a small proportion of breadcrumbs.

If you have to be very economical, you will still find that bread soaked in hot water, well flavoured with herbs and seasoning, made smooth with dripping or a little chopped fat, makes a good addition to the meat dish.

Chestnut Stuffing

1½ lb. chestnuts
1½ pints white stock
4 tablespoonfuls cream or milk
2 oz. butter or margarine
Salt and pepper
Pinch of sugar

Time: 1¼ hours. Temperature: moderate

METHOD: Slit the chestnuts and put them in a moderate oven for about fifteen minutes, then remove shell and inner skin.

Put them in the stock and cook until they are soft enough to sieve Sieve them, return to the saucepan Mix in the cream or milk and the butter or margarine. Season with salt and pepper and a pinch of sugar.

Forcemeat Balls

2 oz. suet
2 oz. breadcrumbs or more
1 tablespoonful parsley, thyme and marjoram, fresh chopped and mixed, or dried mixed herbs
Salt and pepper
Egg to bind

Time 10 minutes. Temperature: hot

METHOD · Chop the suet finely and mix it with the breadcrumbs and chopped herbs. Season with salt and pepper.

Beat the egg and add it to the ingredients. Divide this into equal pieces Shape into balls Roll them in flour and place in boiling water Simmer for ten minutes Drain.

These balls can be fried In this case dip them in flour, then in beaten egg. Roll in breadcrumbs and fry in hot fat until golden brown

Herb Stuffing

2–4 oz. suet

4 oz breadcrumbs
1 tablespoonful chopped parsley
½ tablespoonful thyme and marjoram, mixed, fresh or dried
Rind of ½ lemon
Salt and pepper
2 eggs

METHOD Chop the suet finely and mix it with the breadcrumbs, parsley and herbs, the grated lemon rind and salt and pepper Bind together with the beaten eggs Use as required

Liver Forcemeat

3 tablespoonfuls breadcrumbs
½ lb. calf's liver (or other liver)
Little chopped bacon
½ small carrot
½ onion
Savoury herbs
Salt and pepper

METHOD . Soak the breadcrumbs in very little water to make a st[illegible] Mince the liver, the bacon and the vegetables Add the herbs and the soaked bread It should be of a stiff consistency Season to taste

Mushroom Forcemeat

¼ lb mushrooms
1 oz butter or margarine
3 oz. breadcrumbs
½ lemon
1 teaspoonful parsley
Salt and cayenne [illegible]
2 egg yolks

Time about 15 minutes Temperature moderate

METHOD Wash the mushrooms and chop them finely.

Melt the butter or margarine in a saucepan and cook the mush[illegible] it Add the breadcrumbs, the grated lemon rind, the chopped parsley, salt and a pinch of cayenne Mix well. Beat the eggs and add them Stir all together Take care not to add too much seasoning, or this will destroy the flavour of the mushrooms

Sage and Onion Stuffing

8 large onions
2 tablespoonfuls breadcrumbs
2 tablespoonfuls sage, chopped, fresh or dried
2 oz. butter or margarine
Salt and pepper

Time: about 45 minutes Temperature: moderate

METHOD: Peel and chop the onions. Put them in a saucepan, cover with cold water and boil until tender. Drain and chop finely. Mix them with the breadcrumbs and chopped sage. Cut the butter or margarine into small pieces and mix with the sage and onion.

Season with salt and pepper.

Sausage Stuffing for Turkeys, etc.

8 oz. lean pork } or 12 oz. sausage
4 oz. fat pork } meat
Liver of turkey
4 oz. breadcrumbs
½ teaspoonful sage
1 teaspoonful chopped parsley
Salt and pepper
1 egg

METHOD: Mince the pork or sausage meat and turkey liver very finely. Mix with the breadcrumbs and chopped sage and parsley. Season with salt and pepper and bind with the egg.

Shrimp Forcemeat

Cup of shelled shrimps
Cup of breadcrumbs
Salt and cayenne
Pinch of ground mace
A little butter or margarine
Yolk of 1 egg

METHOD: Mix all the ingredients together.

Veal Forcemeat

½ lb. lean veal or sausage meat
2 oz. fat bacon
1 egg
1 oz. breadcrumbs

METHOD: Chop or mince meat and bacon and mix all the ingredients together.

Whiting Forcemeat

½ lb. whiting (after skinning and boning)
1 oz. butter or margarine
1 oz. flour
4 tablespoonfuls fish stock or white stock
1 egg
Salt and pepper
4 tablespoonfuls cream or milk

Time: about 15 minutes. Temperature: low

METHOD. Skin and bone the whitings and chop the fish (which should be about half a pound).

Melt the butter or margarine in a saucepan and stir in the flour. Cook for a few minutes, but do not brown. Add the fish stock and stir over the flame until it boils.

Pound the chopped fish and the sauce well together. Gradually add the egg and seasoning. Rub the mixture through a sieve. Work in the cream or milk carefully.

Savoury Butters

SAVOURY BUTTERS have many uses and are easy to prepare. They add a piquancy to plain fish and meat dishes and they make tasty sandwiches. For the sake of economy, margarine may take the place of butter in most of the mixtures.

Anchovy Butter

4 anchovies, or 1 oz. anchovy paste
2 oz. butter or margarine
½ lemon

METHOD: Wash, scrape and bone the anchovies if used. Pound them with the butter or margarine. Add the juice of the lemon and rub the mixture through a sieve. If anchovy paste is used, work it into the butter [illegible] the lemon juice

Devilled Butter

½ saltspoonful black pepper	[illegible]
½ saltspoonful paprika	[illegible]

2 oz. butter or marg[illegible]

METHOD: Work the peppers and curry powder [illegible] plate and keep very cool

Green Herb Butter

1 oz. parsley

2 oz. spinach	[illegible]
3 oz. tarragon, chervil and chives, or 1 teaspoonful mixed dried herbs	[illegible]
	Pepper [illegible]

METHOD. Wash and blanch the parsley, spinach [illegible] chervil. Drain and chop them very finely or pound [illegible] in a towel

Chop the shallots and fry them in a little butter or [illegible] light brown. Mix them with the herbs. Work in the butter, season and rub through a sieve.

Horse-radish Butter

½ horse-radish	**Pepper and salt**
4 oz. butter or margarine	**Juice of ½ lemon**

METHOD · Wash and scrape the horse-radish and grate it finely. Work it into the butter with pepper and salt. Add the lemon juice and rub through a sieve if desired.

Lobster Butter

Coral or spawn of lobster (hard or soft roe)
Equal amount of butter or margarine
Cayenne or pepper

METHOD · Pound coral or spawn in a basin Add an equal quantity of butter or margarine. Season to taste and rub through a sieve

Madras Butter

3 oz. chutney
3 oz. butter or margarine
Lemon juice
Cayenne and salt. Pepper will do instead of cayenne

METHOD : Beat the chutney with the butter. Add a little lemon juice and salt and cayenne Rub through a sieve.

Maître D'Hôtel Butter

1 tablespoonful chopped parsley
1 oz. butter or margarine
Lemon juice
Pepper and salt



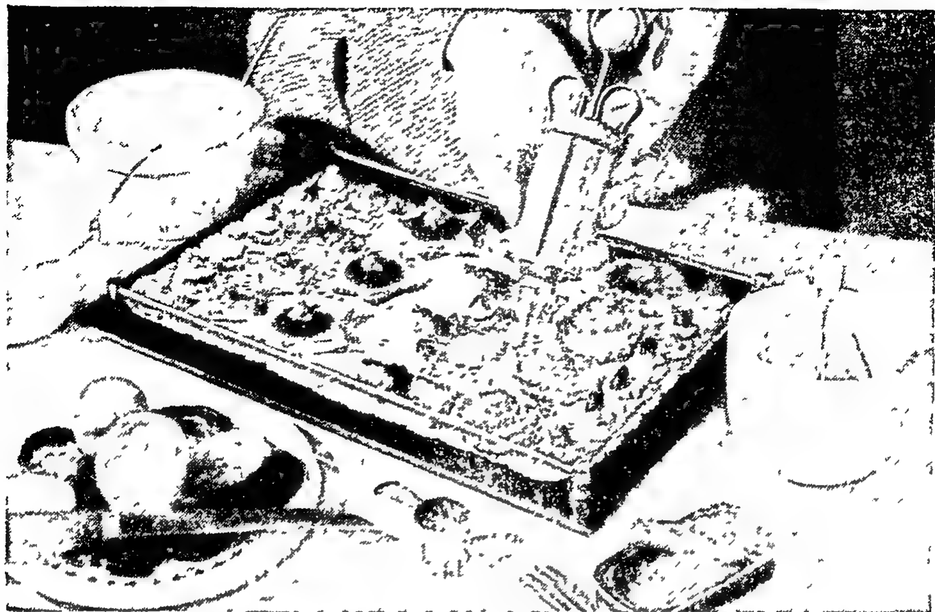
Maître d'Hôtel Butter with Fish



TREACLE TART AND COLD CHOCOLATE SOUFFLÉ



ORANGE SUNDAES



Savoury Butters on Canape

METHOD · Chop the parsley very finely, squeeze dry in a corner of a towel to remove water and work it into the butter. Add a squeeze of lemon juice, pepper and salt to taste.

Paprika Butter

1 small teaspoonful paprika **2 oz. butter or margarine**
Lemon juice (or lemon essence)

METHOD Work the paprika into the butter. Add a few drops of lemon juice and keep very cool until required.

Shrimp Butter

4 oz. fresh shrimps (picked) (or small tin) **2–4 oz. butter or margarine**

METHOD · Mince the picked shrimps (fresh or tinned) Pound them with the butter or margarine If you wish, rub through a sieve. Keep cold.

Tomato Cream Butter

1 tablespoonful creamed butter **Seasonings**
1 tablespoonful whipped cream **Tomato purée to colour**

METHOD Mix the butter and whipped cream together Season with mustard, salt and pepper and add gradually enough tomato purée to colour a pretty pink



Hot Puddings

A GOOD PUDDING helps to eke out the other courses of a meal. The recipes following vary from the homely suet pudding to more elaborate fare for the purpose of entertaining Study first the basic principles underlying pudding making, beginning on page 173, Principles of Cookery.

Apples à la Marie

4 large firm apples
Sweetened custard made fairly thick
Short crust (page 182)
Caster sugar

Time: about 30 minutes Temperature: Regulo Mark 4; electricity, 375° F.; solid fuel, moderate; oil, moderate

METHOD: Peel the apples. Scoop out the cores, taking care not to break the apples Fill the cavity with the custard Put each apple on to a piece of short crust and wrap it round so that the fruit is covered Decorate the top with a knot or a bow of crust Bake in a moderate oven for about half an hour. Remove from the oven and sprinkle sugar over (generously if possible) Serve hot. (*For 4 persons.*)

Apple Charlotte

3 lb. cooking apples | **Thin slices of stale bread**
Melted butter or margarine | **Lemon juice (optional)**
Sugar to sweeten fruit

Time: 1 hour. Temperature moderate, Regulo Mark 4; electricity, 375° F.; solid fuel, moderate; oil, moderate

METHOD: Wash, peel, core and slice the apples Put the apple-peel aside Grease a pie-dish. Lay the butter- or margarine-soaked slices of bread in the bottom of the dish If liked, squeeze a little lemon juice over. Then put a layer of the raw sliced apples on top and sprinkle with sugar. Continue with alternate layers of bread, lemon juice, apples and sugar until the dish is filled Cover with the peel of the apples and bake in a moderate oven for an hour Remove the peel, dust with sugar and serve hot (*For 4–6 persons*)

Apple Dumplings

4 apples
Cloves (optional)
Butter or margarine
Sugar (or chopped dates)
½ lb. flour
Pinch of salt
½ level teaspoonful baking powder
3 oz shredded suet
Cold water

Note **This amount of pastry will cover 4 apples of medium size, if rolled out fairly thinly**

Time: 30 minutes. Temperature hot

METHOD: Peel the apples and scoop the core out of each one without breaking it. Fill each space, pack tightly, with sugar or chopped dates, add a clove and a small knob of butter (or margarine) Mix the flour, salt, baking powder and suet together in a bowl Pour in enough cold water to mix into a stiff paste Mix with a fork Roll out the paste Wrap each apple in a piece of the paste and tie up in a well-floured cloth Drop into boiling water and boil for about half an hour. Serve sprinkled with sugar (*For 4 persons.*)

Apple Dumplings (Baked)

Time: 45 minutes Temperature· Regulo Mark 4; electricity, 375° F.; solid fuel, moderate, oil, moderate

METHOD · Make the dumplings as for boiling in the previous recipe Do not tie in a cloth, but grease a baking tin and put the dumplings on it Bake in a moderate oven for three-quarters of an hour. (*For 4 persons*)

Note If liked, instead of suet pastry, apples can be wrapped in short pastry, page 182, and baked in the oven

Apple Fritters

½ lb. flour
Pinch of salt
1 tablespoonful clarified fat
2 eggs
¼ pint milk
2–3 apples (preferably large ones)
Sugar to sweeten apples

Time: about 15 minutes. Temperature. moderate

METHOD: Make a batter by mixing the flour, salt and fat together in a bowl Beat the eggs well and add them very gradually, beating in the dry ingredients from the sides of the bowl Bring the batter to a fairly stiff consistency by adding the milk and stirring and beating thoroughly all the time. Put aside.



Apple and Pear Fritters

Peel the apples and scoop out the cores without breaking the fruit. Slice each apple in rounds of about half an inch thick.

Melt some fat in a pan and, when hot, dip each apple-round in the batter, then fry it in the fat until brown. Drain and toss in sugar. Keep fritters hot until they are all fried, then pile on a hot dish and serve. (*For 4–5 persons*)

Note: Pears can be treated in exactly the same way.

Apple Pie

Filling
- **1½ lb. sliced apples, after peeling and coring**
- **2 oz. sugar**
- **Little grated rind of lemon and/or 4 cloves**

7 oz. flour
Pinch of salt
1 teaspoonful sugar (optional)
3½ oz. butter (or margarine and lard mixed)
Water and few drops lemon juice to mix

Time: about 40 minutes Temperature: Regulo Mark 6; electricity, 400° F; solid fuel, hot, oil, hot

METHOD: Put filling into a pie-dish of adequate size. Sieve flour and salt into a mixing bowl, and, if liked, sprinkle in a teaspoonful of sugar. Rub in the fat lightly with the finger-tips—or cut with a knife. Mix sparingly with water and lemon juice—using a knife—until dough holds together Turn on to a flour-dusted pastry-board and roll out lightly, first dusting rolling-pin with flour to prevent sticking Cut an oval a little larger than the pie-dish, to allow for a strip three-quarters of an inch wide to be cut off Slightly dampen edges of pie-dish and cover with strip. Moisten this strip and cover with the other pastry, without stretching it. Trim the edges, if necessary, and decorate with a knife or prongs of a fork Free the top of the

pie-funnel in the middle, so that steam can escape whilst pie is being baked Bake in a hot oven for about forty minutes Before serving, dredge pastry with a little caster or powdered sugar. (*For 4–6 persons*)

Baked Apples

4 large cooking apples
4 oz. sugar
4 cloves, or a little ground cinnamon or spice
2 tablespoonfuls water

Time· about 30 minutes Temperature Regulo Mark 4; electricity, 350° F ; solid fuel, moderate, oil, moderate

METHOD. Wash the apples well Remove the cores Prick the skins with a fork Stuff the sugar into the cavities, mixing one clove, or the spices, in the sugar for each apple Grease a fireproof dish and put the apples into it. Sprinkle with water and bake in a medium oven until soft The apples should be covered. Uncover halfway through the baking period. Serve with custard or cream (*For 4 persons*)

Bread Pudding

½ lb. stale white bread
4–6 oz. mixed dried fruit
2 oz suet, chopped finely
2–3 oz. sugar
1 egg
About ½–¾ pint milk
Pinch of mixed, powdered spice (optional)

Time: about 1½ hours. Temperature Regulo Mark 4, electricity, 350° F.; solid fuel, moderate, oil, moderate

METHOD Remove crusts from bread end, break it into small pieces; put these into a basin, cover with cold water and leave to soak for thirty minutes Drain water and squeeze the bread as dry as possible. Add the dried fruit, suet, sugar and spice (if used) Add the well-beaten egg and enough milk to make a fairly slack, smooth mixture Put into a well-buttered pie-dish and bake in a moderate oven until the top is crisp and brown, about one hour Dust with sugar (*For 4 persons.*)

Baked Suet Pudding

6 oz. suet
½ lb. dried fruit
¾ lb. flour or 8 oz. flour and 4 oz. breadcrumbs
¼ lb. sugar
Pinch of salt
1 teaspoonful baking powder
A little milk

Time: 1 hour. Temperature. Regulo Mark 4, electricity, 350° F.; solid fuel, moderate, oil, moderate

METHOD · Chop the suet finely and trim the fruit. Mix these with the flour in a basin Add the sugar, salt and baking powder. Stir in enough milk to mix to a rather soft paste Put the mixture into a well-greased pie-dish and bake in a moderate oven for one hour. When done, turn it out on to a hot dish Sprinkle the top with caster sugar Serve hot. This pudding may also be steamed, in which case this mixture should be made into a stiffer paste. (*For 6–8 persons*)

Bread and Butter Pudding

Stale bread: 2–3 slices ¼ in. thick
Butter or margarine
Dried fruit

Ingredients for hot custard:
½ pint milk
1 oz. sugar
2 eggs

Time: about 30 minutes Temperature. Regulo Mark 4; electricity, 350° F; solid fuel, moderate; oil, moderate

METHOD: Cut the bread into slices. Butter them on one side only. Soak the dried fruit in boiling water. Put a layer of bread in the bottom of a pie-dish. Scatter a generous amount of soaked fruit over, then put another layer of bread over that Repeat the sprinkling of fruit and the layers of bread until the dish is three-quarters full. Do not press the bread down.

To make custard: Bring milk and sugar to boiling point and pour it over beaten eggs, stirring well. Pour the hot custard over the buttered bread. This should be poured in a little at a time; in this way it becomes thoroughly absorbed by the bread. Cook in a moderate oven. Serve hot. (*For 4 persons.*)

Breadcrumb Pudding

¾ pint milk
½ oz. butter or margarine
2 oz. breadcrumbs
1½ oz. sugar
1 egg
1 tablespoonful caster sugar
Jam

Time: about 25 minutes. Temperature Regulo Mark 4; electricity, 350° F; solid fuel, moderate; oil, moderate

METHOD Heat the milk and butter in a saucepan. Add the breadcrumbs and boil for a few minutes to swell Add the sugar. Add the yolk of the egg to the mixture. Bake in a moderate oven for about twenty minutes Spread the jam over the top. Beat up the egg-white stiffly and add about one tablespoonful of caster sugar, slowly beating well. Heap this over the jam and return the pudding to the oven This will set it, and also slightly brown the meringue. (*For 4 persons*)

Chocolate Soufflé

1½ oz. sweetened chocolate
Barely a teacupful milk
1 oz. butter or margarine
1 oz. flour
3 eggs
1 oz. sugar
Vanilla essence

Time: about 30 minutes Temperature: Regulo Mark 4; electricity, 375° F; solid fuel, moderate; oil, moderate

METHOD: Well grease a high-rimmed fireproof dish (preferably a round soufflé dish) Tie a stiff band of white paper round the outside of the dish,

allowing it to extend two or three inches above the rim Grease the inside of the paper band.

Dissolve the chocolate in the milk Melt the butter in a pan over low heat and stir in the flour Cook until the mixture thickens. Heat chocolate mixture and stir slowly into the other pan, cooking and stirring until blended Remove from heat and add egg yolks one by one, together with sugar and flavouring, and beat well. Fold in stiffly-whipped egg-whites, without beating. Pour mixture into prepared dish and bake in moderately hot oven until well risen and firm in centre

This soufflé can be baked in small, individual paper soufflé cases (*Serves 4 persons*)

Christmas Pudding

Ingredients for a basin about 8 in by 6 in

6 oz. suet
¼ lb. flour
1½ lb. dried fruit, mixed
2 oz. mixed peel (optional)
2 oz. candied orange peel or marmalade
1 apple or 1 grated carrot
2 oz. almonds or other nuts, or ½ teaspoonful almond essence
½ lb. breadcrumbs
½ lb. sugar
1 teaspoonful mixed spices
A good pinch of salt
1 lemon
4 eggs
½ teaspoonful bicarbonate of soda
4 teaspoonfuls rum (optional)
¼ pint stout or milk

Time: 4–6 hours Temperature moderate to low



Christmas Pudding

METHOD: Chop the suet finely into the flour. Stone the raisins Clean and pick the currants and sultanas. Chop the peel, apple or carrot and almonds finely. Mix the breadcrumbs with the flour and suet, the fruit, sugar, spices and salt. Add the lemon rind and the juice. Beat the eggs and bicarbonate of soda, and add to the mixture. Add enough of any liquid used to make very stiff consistency. Steam in a greased basin, covered with a floured cloth, for four to six hours. Replace covering cloth with a clean one if pudding is to be stored. Serve with brandy or rum sauce if possible (*For 4–6 persons.*)

Note: If the pudding is to be made several weeks before serving, the addition of some kind of spirit, rum or porter is necessary. The pudding should be re-cooked for at least two hours.

Coconut Pudding

3 oz. breadcrumbs
2 oz. coconut (grated)
1½ oz. sugar
1 oz. butter or margarine
Grated rind of ½ lemon
1 egg
1 pint milk

Time: 15–25 minutes. Temperature: Regulo Mark 4; electricity, 350° F.; solid fuel, moderate; oil, moderate

METHOD: Put the breadcrumbs, coconut, sugar, butter and lemon-rind into a bowl and mix well Beat the egg thoroughly and add. Bring the milk to the boil and pour it, boiling, over the mixture. Grease a pie-dish and turn the mixture into it. Bake in a medium oven for about fifteen to twenty-five minutes or until set. (*For 4 persons.*)



College Puddings (Small)

2 oz. currants or other dried fruit
1 oz. candied peel (optional)
3 oz. shredded suet
4 oz. breadcrumbs
2 oz. flour
¼ teaspoonful baking powder
2 oz. sugar
Pinch of salt
1 teaspoonful grated nutmeg
1–2 eggs
1 dessertspoonful milk

Time: 20–30 minutes. Temperature: Regulo Mark 4; electricity, 375° F.; solid fuel, moderate; oil, moderate

METHOD: Grease cups well Wash and dry the fruit thoroughly. Shred the peel (if used). Mix the shredded suet, fruit, breadcrumbs, flour, baking powder, sugar, salt and peel together. Add the nutmeg. Beat the eggs and stir them into the mixture Add the milk. Pour the mixture into the cups. Bake in the oven for about twenty minutes to half an hour. When ready turn out and sprinkle with sifted sugar before serving

If liked, custard sauce can be served with these puddings (page 377) (*For 4 persons.*)

Crême Caramel

For the caramel
3 tablespoonfuls sugar
3 tablespoonfuls water
Lemon juice

For the custard
¾ pint milk
1 oz. sugar
Flavouring
3 eggs

Time about 1 hour Temperature. low

METHOD . Make the caramel by pouring the sugar, water and a squeeze of lemon juice into a small saucepan and heat over a low flame Stir all the time to dissolve the sugar Bring to the boil, then, without stirring, simmer until it turns a rich brown Pour into four individual moulds Swish them round until the sides are well coated

Make the custard as follows Heat the milk in a saucepan Put the sugar and flavouring into a basin and add the eggs Beat together. Pour the hot milk on to them gradually When ready pour at once from the pan into the caramel-coated cups or basin Steam slowly until set Turn out when ready and serve hot or cold as liked (*For 4 persons*)



College Puddings (small)

Devonshire Pudding

3 apples
Cinnamon
3 oz. sugar
Water
1 pint milk
Pinch of salt
1 oz. butter or margarine
3 oz. breadcrumbs
2 tablespoonfuls jam, preferably apricot
2 eggs

Time: 20–25 minutes. Temperature: Regulo Mark 4; electricity, 350°–375° F.; solid fuel, moderate; oil, moderate

METHOD: Peel and core the apples. Stew them with a little cinnamon, sugar, and one or two tablespoonfuls of water. Leave to cool. Bring the milk, salt, butter (or margarine) to the boil in a saucepan. When boiling, add to the breadcrumbs and allow to soak for twenty minutes. Add about one ounce of sugar. Set aside to cool. Take a fireproof dish and spread a layer of jam over the bottom of it. Keep it handy.

Beat up the egg-yolks only and whisk them into the thickened milk.

To finish the dish for baking, pour a thick layer of apple over the jam in the dish bottom. Top it with the milk mixture Bake in a moderate oven until set—between fifteen and twenty minutes.

Whip up the egg-whites now and fold in the remaining sugar. Lay the froth gently on top of the pudding and allow to brown for a few minutes in the oven. Serve hot. (*For 4 persons*)

Eve's Pudding

3 apples
Water
5 oz. sugar
2 oz. butter or margarine
2 eggs
2 oz. breadcrumbs
Small teaspoonful of baking powder
Little grated lemon rind

Time: about 1¾–2 hours. Temperature: moderate

METHOD: Peel, core and chop apples. Cook in a very little water (two to three tablespoonfuls) to a stiff pulp and sweeten with three ounces of the sugar. Put the pulp in the bottom of a greased basin. Cream the fat and two ounces of the sugar. Separate the eggs. Beat the yolks and mix carefully into the creamed mixture. Add the breadcrumbs, baking powder and lemon rind.

Beat the egg-whites very stiffly until they stand up in peaks. Fold the whites carefully into the mixture and spoon on to the apple pulp. Cover with greased paper or cooking foil and steam for 1¼–1½ hours Serve with a sweet or custard sauce. (*For 4 persons.*)

Fig Pudding

3–4 oz. suet
½ lb. breadcrumbs
2 oz. sugar
¼ lb. dried figs
2 eggs
2 tablespoonfuls treacle or 1 teaspoonful browning
½ teaspoonful of bicarbonate of soda

Time. 3 hours. Temperature: low

METHOD: Chop the suet finely into a basin. Add the breadcrumbs and the sugar. Chop or mince the figs and mix them with the rest of the dry ingredients. Place the eggs in a small basin and beat them well. Add the treacle (or the browning) to the eggs and stir in the bicarbonate. Stir into the bread mixture. Put this into a well-greased basin. Tie over with a cloth. Boil for three hours. During the cooking the water must not be allowed to go off the boil. Serve with any kind of sweet sauce. (*For 4–5 persons.*)

Gingerbread Pudding

3–4 oz. suet
¼ teaspoonful baking powder
6 oz. breadcrumbs
2 oz. flour
1–3 teaspoonfuls ground ginger, according to strength
1 egg
4 oz. golden syrup

Time: 3 hours. Temperature: low

METHOD: Chop the suet finely. Put it into a basin with the baking powder, breadcrumbs, flour and ginger. Mix well together. Beat the egg. Add the syrup to it. Mix these into the dry ingredients and stir until all is thoroughly mixed. Grease a pudding basin and fill with the mixture. Cover with a buttered paper. Tie with a cloth and boil or steam for three hours. When the pudding is cooked, turn it out on to a hot dish. Serve with it, separately, some sweet sauce or custard. (*For 4–5 persons.*)

Ground Rice Pudding

1 pint milk
1¼ oz. ground rice
1 dessertspoonful sugar
1 egg

Time: 30–40 minutes. Temperature: Regulo Mark 4; electricity, 350° F.; solid fuel, moderate; oil, moderate

METHOD: Splash cold water into a saucepan—empty it—then pour in the milk. Heat slowly. Just before boiling, sprinkle in the ground rice. Stir until boiling. Simmer for ten minutes, stirring frequently and carefully. Remove from the flame, then add the sugar and leave to cool. Separate the yolk and add it to the ground rice, mixing well. Finally, beat the white to a stiff froth before adding. Pour into a greased pie-dish and bake in a moderate oven for about twenty to thirty minutes.

Serve immediately. (*For 4 persons.*)

Hot Cabinet Pudding

2 sponge cakes
3 ratafia biscuits (optional)
2 eggs
1 oz. sugar
½ pint milk
Vanilla essence
Glacé cherries and angelica, or candied orange peel or chopped turkish delight
¼ pint fruit-syrup or honey

Time: ¾–1 hour. Temperature: low

METHOD: Cut the sponge cake into dice. Crumble the ratafias (if used). Whisk the eggs with the sugar. Heat the milk slowly. Add the hot milk and the flavouring to the eggs and sugar. Pour gently over the cake. Cover and leave to soak until quite cold. Grease a plain mould and put a round of greased paper in the bottom. Decorate with pieces of cherry and angelica, or with the candied peel, or chopped turkish delight. Pour the soaked mixture into this. Steam gently until firm—about three-quarters to one hour. Turn out of the tin and pour the syrup or honey round. (*For 3–4 persons*)

Jam Pudding

3–4 oz. butter or margarine
3–4 oz. sugar
2 eggs
½ lb. flour
1 teaspoonful baking powder
Lemon rind (optional)
Milk, if necessary
Jam

Time: 2½ hours. Temperature: low

METHOD: Put the fat and sugar into a basin and cream together with a wooden spoon until soft. Add the eggs one by one—beating well after each addition. Sieve the flour with the baking powder. Stir this into the egg mixture (also the grated rind of half a lemon). Add milk to make a fairly soft consistency. Well grease a pudding basin. Turn part of the mixture into it. Place in the centre a tablespoonful of jam. Cover with the remaining mixture. Alternatively, place jam in basin first. Cover the basin securely and steam very gently for two and a half hours. Turn out and serve with any sweet sauce, or extra jam. (*For 4–6 persons.*)

Jam Roly-poly Pudding

½ lb. suet pastry (page 187)
2 tablespoonfuls red jam

Time: 2½ hours. Temperature: moderate

METHOD: Roll out the pastry into a strip. Spread the jam over the surface. Damp the edges of the pastry, then roll up. Wrap in a well-floured cloth and tie firmly. Boil—or steam—for two and a half hours. Serve with white sauce (page 373). (*For 4 persons.*)

Steamed Jam Pudding

Jam Roly-poly Pudding

Macaroni Pudding

Macaroni is as much a starch as rice or semolina and makes a good pudding with a palatable texture If you possibly can, cook it in a double saucepan to save watching and stirring. Do not omit the salt! Moreover, taste for salt before you put it into the greased dish to bake

2 oz. macaroni
Water
1 pint milk
½ teaspoonful salt
1 egg
2 oz. sugar

Time: about 1 hour. Temperature: Regulo Mark 4; electricity, 350° F; solid fuel, moderate; oil, moderate

METHOD: Break the macaroni into short pieces. Bring at least two cupfuls of salted water to the boil in a pan. Add the macaroni to the boiling water and boil, uncovered, for about twenty minutes, stirring occasionally Drain away the water.

Add the milk and salt Simmer slowly for approximately fifteen minutes—or until the macaroni is tender. Leave to cool. Beat the egg with the sugar and add Pour into a greased pie-dish. Bake in a moderate oven for twenty to thirty minutes. (*For 4–5 persons*)

Oatmeal Hasty Pudding

1 pint milk
1 tablespoonful flour
1 tablespoonful oatmeal (medium)
Pinch salt
4 tablespoonfuls cold milk
Flavouring
Treacle, or little sugar and cream for serving

Time: 4–5 minutes. Temperature · fairly hot

METHOD Bring the pint of milk to the boil Mix the flour and medium oatmeal and salt together. Add the four tablespoonfuls of cold milk gradually, beating with a fork until it becomes smooth Add a little flavouring of some kind liked by the family. Add this to the boiling milk and beat all the time to avoid any lumps forming Boil quickly for four to five minutes Pour on to heated plates and add a little treacle, or sugar and cream, to each helping. (*For 4 persons*)

Omelette Soufflé

3 eggs
1½ oz. sugar
Vanilla
Hot jam

Time: about 7–10 minutes Temperature Regulo Mark 5; electricity, 375°–380° F; solid fuel, moderate; oil, moderate

METHOD: Break the eggs and separate the whites from the yolks Whisk the egg-yolks and the sugar until fluffy Beat the whites stiffly in another basin. Add the flavouring and fold in the stiffly-beaten whites. Pour into a greased tin or a pan and bake in a moderate oven until firm and brown. Turn on to a sugared paper and spread with hot jam.

Serve hot. (*For 4 persons*)

Peach Amber

1–2 lb. fresh peaches or 1 small tin of peaches
Sugar to taste
Water
½ oz. butter or margarine
½ lemon
Pinch of cinnamon
1–2 eggs
½ lb short crust (page 182)

Time: about 30 minutes Temperature: Regulo Mark 5–6; electricity, 375°–400° F; solid fuel, moderate, oil, moderate

METHOD: Remove the skins from fresh peaches and stew them gently with sugar, and a little water If the tinned peaches are not quite tender, stew them in their syrup for a few minutes only Remove from the juice and mash them to a soft pulp with a fork. Add the butter, lemon juice and the grated rind, cinnamon, sugar to taste and the egg yolks Beat the egg-whites stiffly and fold it lightly into the mixture

Line a shallow tin with pastry. Fill with the mixture and bake in a moderate oven for about thirty minutes

Serve, if liked, with the hot left-over syrup handed separately. (*For 4–6 persons*)

Pineapple Fritters

4 slices of fresh (or tinned) pineapple
Caster sugar
Pinch of salt
4 oz. flour
1 egg
1 oz melted butter
2–3 tablespoonfuls lukewarm water
Fat for frying

Time: 3–4 minutes. Temperature: hot

METHOD. Pare the fresh pineapple as thinly as possible Cut into thick slices Drain the tinned pineapple slices (if used) Put into a shallow dish Sprinkle the fresh pineapple thickly with caster sugar. Make the batter—which should be allowed to stand for an hour or two Mix the salt and the flour in a bowl Whisk the yolk of the egg and pour this and the melted butter into the flour very gradually Bring to a soft, dropping consistency by adding, gradually, the lukewarm water Beat briskly all the time.

A few minutes before using the batter, whisk the egg-white to a stiff froth and add to the mixture Stir well in.

Dip the pineapple pieces into the batter and drop them into a pan of

hot fat. Turn until they are crisp and brown on both sides. Drain and keep hot until all are fried. Pile on a hot dish, powder with sugar and serve very hot. (*For 4 persons.*)

Plain Pancakes

See Principles of Cookery, page 180

Queen of Puddings

1 pint of milk

A strip of lemon rind
Pinch of salt
4 oz. breadcrumbs
2 oz. butter or margarine
1½ oz. sugar
2 eggs
2 tablespoonfuls jam (strawberry, preferably)

Time: about 15–20 minutes; Temperature: Regulo Mark 4; electricity, 350° F; solid fuel, moderate; oil, moderate

METHOD: Put the milk into a saucepan, add the lemon rind and the salt, and bring to the boil. Remove the rind. Put the breadcrumbs, butter and sugar into a bowl and pour the boiling milk over them. Cover the bowl and leave to stand for about ten minutes. Beat up the egg-yolks and add them to the bread mixture. Pour the mixture into a fireproof dish and bake in a medium oven for ten minutes. When baked, spread the jam over the top. Whip up the egg-whites and fold in a little sugar. Pile on top of the pudding. Brown lightly in the oven for a few more minutes. (*For 4 persons.*)

Rice Pudding

See Principles of Cookery, page 173, for details of milk puddings, including tapioca and sago.

Semolina Pudding

1½ oz. semolina
¼ teaspoonful salt
1 pint milk
1 dessertspoonful sugar
1 egg (optional)
Flavouring essence (optional)
Cream (optional)

Time: 20–40 minutes. Temperature: Regulo Mark 4; electricity, 350° F.; solid fuel, moderate; oil, moderate

METHOD: Put the semolina and salt into a saucepan. Stir the cold milk gradually into it. Bring to the boil. If you have to be quick, stir the semolina only with enough cold milk necessary to make it smooth, heat the remaining milk meanwhile and then mix. Now you will need less time to stir it over

the flame When it boils, leave to simmer slowly for about ten minutes, stirring only occasionally

When the grain is soft after about ten minutes, add the sugar. If you add an egg, leave the cooked semolina mixture to cool for a little Separate the egg and add first the yolk and then the stiffly-beaten white. Add flavouring to taste Grease a pie-dish and fill with the semolina mixture, either with or without egg. Bake in a moderate oven for twenty to thirty minutes Serve with cream if liked. *(For 4–5 persons.)*

Treacle Pudding

2 oz. breadcrumbs
4 oz. flour
½ teaspoonful baking powder
3 oz. suet (shredded)
¼ teaspoonful bicarbonate soda
½ teaspoonful ginger
1½ oz. sugar (preferably brown)
1 egg
1 tablespoonful treacle
¼ pint milk

Time: 2 hours Temperature: moderate

METHOD Put all the dry ingredients with the suet in a bowl. Mix well together. Beat the egg and add the treacle Pour the mixture into the middle of the dry ingredients and beat them in gradually, adding sufficient of the milk to make a dropping consistency Grease a pudding basin and pour the mixture into it. Cover with a greased paper. Put into a pan with boiling water rising about halfway up the basin. Steam for two hours Turn out on to a hot dish.

Serve with custard sauce (page 377) *(For 4 persons.)*

West Riding Pudding

¼ lb. puff pastry (page 186)
2 oz butter or margarine
2 oz sugar
2 eggs
2 oz. flour
¼ teaspoonful baking powder
Lemon rind (optional)
Jam

Time: 35–40 minutes. Temperature Regulo Mark 5–6; electricity, 375°–400° F., solid fuel, moderate; oil, moderate

METHOD : Make puff pastry with four ounces of flour. Cream the butter and sugar together. Beat in the eggs one at a time Sieve the flour and baking powder together. Grate the lemon rind (if used) Add these ingredients to the butter and eggs Stir in lightly.

Line a pie-dish with puff pastry Decorate the edge with stars of paste cut out with a star-cutter. Put in half of the mixture and cover with a layer of jam; then the remainder of the mixture Put the pudding in a moderate oven Bake for about thirty-five to forty minutes. Serve hot or cold. *(For 4–6 persons.)*

Cold Sweets, Creams and Ices

FOR WARMER weather cold sweets are just the thing most families appreciate. The recipes that follow provide ample scope for the cook seeking something a little different.

Apple Fool

2 lb. apples
Cupful water
Cloves (optional)
Sugar
1 pint thick custard

Time: about 20 minutes. Temperature: low

METHOD: Peel and core the apples. Put them into a saucepan with the water, and the cloves, and sweeten to taste. Simmer until soft Beat to a pulp with a wooden spoon. Gradually mix in the custard, stirring to a smooth consistency with the spoon. If desired, instead of using thick custard, a thinner custard sauce can be used. Serve cold. (*For 4–6 persons.*)

Apple Snow

1½ lb. apples
Small amount of water
6 oz. sugar
A strip of lemon rind
Juice of ½ lemon
3 cloves (optional)
2 eggs (fresh)

Time: 20–30 minutes. Temperature: low

METHOD: Peel and core the apples. Put into a pan with a very small amount of water, the sugar and lemon rind and the cloves. Stew until tender. When ready, strain and beat with a fork into a smooth pulp Add the lemon juice Beat the egg-whites stiffly and add the cooked apple mixture very slowly, beating well. Pile into a deep dish. (*For 4 persons.*)

Arrowroot Shape

The operative words in the following recipe are "salt" and "flavouring." Measures and method are correct, but the palate wants more than that The salt and the flavouring "make" this sweet.

1¼ oz. arrowroot
1 pint milk
Pinch of salt
1 dessertspoonful sugar
Flavouring (almond, vanilla, or any family favourite)

Time: 5 minutes. Temperature: moderate

METHOD: Blend the arrowroot with a little of the cold milk to a smooth paste. Heat the remaining milk with the salt in a pan When hot stir into the arrowroot Return to the pan and boil for a few minutes, stirring all the time Add the sugar and flavouring and pour into a wetted mould. When cold turn out and serve with fruit or jam. (*For 4 persons*)

Baba au Rum

	For the syrup
1 lb. flour	¾ lb. sugar
1 oz. yeast	1 pint water
1 oz. caster sugar	1 lemon and 1 orange (slices)
½ pint warm milk	1 wineglassful of rum
2–4 eggs	1 teaspoonful vanilla
Pinch of salt	Jam (apricot)
4–6 oz. creamed butter	Whipped cream

Time: 16 minutes. Temperature Regulo Mark 4; electricity, 350° F.; solid fuel, moderate, oil, moderate

METHOD. Sift the flour into a basin and warm it. Warm, not hot! Cream the yeast with a teaspoonful of sugar Add half a cupful of lukewarm milk to it Make a hole in the centre of the flour Pour in the yeast and sprinkle a little flour on top of it. Cover and stand bowl in a warm place until yeast froths When sponged, add the eggs, sugar, salt, creamed butter, and beat strongly with enough milk to make a soft dough until smooth texture Set it to rise again for one to one and a half hours (it should now be twice its original size) Beat down the dough. Turn out and knead very lightly Fill small moulds about a third full of the dough and let them rise again. Bake in a moderate oven for sixteen minutes

Boil the sugar and water, lemon and orange slices until syrupy. Strain, then add the rum and vanilla Pour this over the top of the Baba Garnish with jam and serve with more syrup and whipped cream. (*For 8–10 persons*)

Bavaroise of Orange

A Bavaroise is a rich cream mould, with a basic recipe which can be varied in a great many ways by altering the flavouring and decoration It can be set in a jelly-lined mould, although this is not strictly correct it makes an attractive party sweet garnished with some of the chopped jelly. The recipe given is for a Bavaroise flavoured with orange, other excellent variations are made with chocolate, vanilla or lemon It is essential that the gelatine should be completely dissolved and strained through a fine sieve into the cream mixture

¾ pint milk (scant measure)	2 oz caster sugar
1 large, sweet orange	½ oz. powdered gelatine (or as instructed on packet)
3 egg yolks	

⅛ pint thick cream

METHOD: Put the milk and orange rind (finely grated) in a pan and bring



Charlotte Russe

to the boil. Remove from heat and pour on to the egg yolks and sugar well beaten together Return pan to very low heat and stir until the custard thickens Strain it into a basin and leave to cool Dissolve the gelatine in the orange juice, strain it into the custard and leave in a cold place, stirring frequently until the mixture begins to thicken noticeably Fold in whipped cream Pour into a mould which has been very lightly oiled, and leave to set.

Turn out on to a dish and garnish with crystallised orange slices or serve with tinned oranges.

For a more economical sweet, a fairly thick custard, made with custard powder, may be used. The same quantity as cream is used and the cold custard, from which the skin has been removed, is beaten well. Gelatine must be used in this variation and the whipped cream should not be omitted.

Charlotte Russe

1 pint clear jelly (any fruit)
Angelica
Cherries
Sponge fingers
½ oz. gelatine dissolved in 4 tablespoonfuls water
½ pint cream (or top of milk)
1 oz caster sugar
1 teaspoonful vanilla

METHOD : Make a jelly and pour it to a depth of about three-quarters of an inch into a plain cake tin or a mould. Leave to set Keep the left-over jelly slightly soft and pourable. Arrange the decorating ingredients as liked over the set jelly in the tin; for instance, make "star" shapes of the angelica and cut the cherries in half and pattern them. Pour a little more partly soft jelly over the pattern and leave to set. Fit the sponge fingers closely together,

standing them round the sides of the tin or mould Any crumbs left may be mixed with the remaining soft jelly and used to press the sponges into a firm "wall."

Dissolve the gelatine in warm water and add to the cream, sugar and vanilla Beat very strongly until smooth and thick. When nearly set, pour into the mould. Leave to set firmly. Turn out on to a dish and garnish with pieces of chopped jelly. (*For 6 persons*)

Cold Cabinet Pudding

Lemon jelly or lemon curd	**¾ pint custard**
Glace fruit or turkish delight	**4 tablespoonfuls cream or top milk**
Small ½ oz. gelatine	**Sugar**
2 tablespoonfuls hot water	**Vanilla**
3 sponge cakes	**1 oz. cherries (optional)**

METHOD: Coat a mould inside with jelly or curd Decorate with fruit or turkish delight Dissolve the gelatine in hot water. Soak the sponge cake in the custard Add the cream or top milk, beaten lightly, the sugar, flavouring and the dissolved gelatine When it begins to thicken, pour into the mould. When set, turn out. Decorate with piped mock cream, chopped jelly and cherries if liked. (*For 4 persons*)



Cold Cabinet Pudding

Cold Chocolate Soufflé

¼ oz. gelatine
2 tablespoonfuls hot water
2 eggs
½ oz. caster sugar
2 tablespoonfuls chocolate powder, stirred with 4 tablespoonfuls water
¼ pint cream or top of milk

METHOD: Make the soufflé exactly as a lemon or orange soufflé, but use the chocolate powder in place of the lemon or orange juice. (*For 3–4 persons*)

Cold Lemon or Orange Soufflé

¼ oz. gelatine
2 tablespoonfuls hot water
2 eggs
2 oz. caster sugar
Juice and rind of 1 lemon or orange
¼ pint cream or top of milk
Chopped pistachios or other nuts (optional)

METHOD: Dissolve the gelatine in the hot water. Whisk the yolks of the eggs, sugar, lemon or orange rind and juice in a basin over hot water until thick. Then whisk until cool. Fold in the cream or milk and the dissolved gelatine. Fold in the stiffly-beaten whites of the eggs. Keep stirring gently until the mixture shows signs of setting Pour into a dish and when set decorate with chopped nuts or as desired. (*For 3–4 persons*)

Cornflour Blancmange

1 pint milk
Thin strip of lemon rind, or any other flavouring
Pinch of salt
1 oz. sugar
1 oz. cornflour
½ oz. custard powder

Time: 5 minutes. Temperature: moderate

METHOD: Pour about three-quarters of the milk into a saucepan, add the lemon rind (or other flavouring), salt and sugar and bring to the boil slowly. Mix the cornflour and custard powder to a smooth paste with the remaining cold milk. Pour the boiling milk on to the mixed cornflour, stirring well Return to the saucepan over a low flame, and boil, stirring continuously for a few minutes—until it thickens Pour into a wetted mould When set, turn out on to a table dish and serve when ready. (*For 4 persons.*)

Cornflour Pudding

1 pint milk
Pinch of salt
1 teaspoonful sugar
A little flavouring if liked
¾ oz. cornflour
2 eggs

Time: 20–30 minutes. Temperature: Regulo Mark 4; electricity, 350° F.; solid fuel, moderate, oil, moderate

METHOD: Pour nearly all the milk with the salt, sugar and flavouring into a saucepan and heat With the remainder of the milk, mix the cornflour to a smooth paste. When smooth, add it to the milk in the saucepan Stir all the time until it boils and thickens. Allow to simmer for a few minutes, then remove from the flame.

Add the egg yolks and mix in Beat up the whites into a froth and stir lightly into the cornflour. Pour the mixture into a greased pie-dish Bake in a moderate oven until browned and well risen Lift out and sprinkle lightly with sugar and serve hot Stewed fruit and cream served with cornflour puddings are delicious (*For 4–5 persons*)

Cream Mould

1 level tablespoonful gelatine
1 level tablespoonful sugar
3 tablespoonfuls hot water
1 tin evaporated milk
Flavouring

Time: about 10 minutes Temperature: low

METHOD: Dissolve gelatine and sugar in hot water, stirring over a slow heat until dissolved; do not allow to boil Pour the milk into a large bowl, add the cool gelatine mixture, whisk (with a rotary whisk-type egg-beater) until thick and fluffy, about twenty minutes Add any flavouring (sherry is good) Pour into a mould and when set turn out and serve with stewed fruit. (*For 4–6 persons*)

Egg Junket

2 eggs
1 pint milk
3 teaspoonfuls sugar
A little flavouring if liked
2 teaspoonfuls rennet
Nutmeg (optional)
Chocolate (optional)

Time: 5 minutes Temperature low

METHOD: Put the serving dish or dishes at the place where you will leave it until set Do not choose too cold a place. Have a strainer handy Beat the eggs. Add to the milk, with the sugar and flavouring. Pour into a saucepan and heat very slowly, stirring all the time Do not let it come near the boil Cool until only lukewarm. Stir in the rennet and strain *immediately* into the dish or dishes. Leave undisturbed until set Then sprinkle with grated nutmeg or chocolate (*For 4 persons.*)

Fruit Flummery

1 lb. fresh fruit or 6 oz. dried fruit
1½ oz. fine oatmeal
Water
¾ pint stewed fruit juice (any kind)
A nut of margarine
Sugar and salt to taste
Nutmeg (optional)

Time: according to fruit Temperature low

METHOD: If the fruit is the dried kind—apricots, figs, apples, etc.—soak it in lukewarm water overnight. The following day, cut the fruit into pieces and return the slices to the water. Mix the oatmeal with about half a cupful of water. Blend it until it becomes a smooth paste. Add it to the fruit and juice Add the margarine and pour into a pan. Bring slowly to the boil, stirring all the time

Simmer for five or six minutes If necessary, add a little more liquid, sugar and salt to taste, and simmer for some minutes more. The consistency of the flummery will thicken as it cools, so add about half a cupful more water—but do not cook any longer. Pour into a serving dish—or dishes —and sprinkle with nutmeg and, if you like, sugar. Leave to cool (*For 4 persons*)

Fruit Snows Without Eggs

You can make delicious fruit snows without eggs by using gelatine instead. Allow one tablespoonful of gelatine for each white of egg suggested in the recipe Dissolve the gelatine in three times its own volume of hot (not boiling) water and see that it dissolves thoroughly, putting the basin in hot water over a low flame if necessary. There is a recipe for Apple Snow on page 402, but any stewed fresh fruit, or soft tinned fruit may be used. Strain off the juice and rub the fruit through a wire or nylon sieve to make a purée, which should not be liquid Use 1 oz of gelatine to a pint of purée. When cool and set, whisk up before piling into the serving dish.

Gooseberry Fool

1 lb. green gooseberries
4 oz. sugar
½ pint water
Custard (about 1 cupful) or whipped cream
Sponge fingers (optional)

Time: about 15 minutes. Temperature: low

METHOD: Pick gooseberries. Dissolve the sugar in the water and put into a pan with the gooseberries. Stew until soft. Put through a sieve. Sweeten the pulp further if necessary. When cold mix with some whipped cream or custard. Pour into glasses and garnish with sponge fingers. (*For 4 persons*)

Junket

1 pint milk
2 teaspoonfuls sugar
Good pinch of cinnamon or nutmeg
2 teaspoonfuls rennet

METHOD: Put the serving dish or dishes at the place where you will leave it until set. Do not choose a cold place. Pour the milk into a saucepan and put over a low flame or hot-plate until merely lukewarm. Add the sugar and flavouring Stir the rennet in and pour *immediately* into the serving dish or dishes. Do not disturb any more. Leave to stand until firm (*For 4 persons*)

Lemon Sponge

2 lemons	**1 oz gelatine (small measure)**
1 pint water	**3 oz. sugar**

2 stiffly beaten egg-whites

Time · 15–20 minutes Temperature · low

METHOD · Peel the lemons thinly. Put the water, lemon rind and sugar into a pan and stir over a low heat Add the gelatine dissolved in warm water to the juice of the lemons and simmer for a few minutes Strain and leave to cool. Whisk the egg-whites until stiff and thick Add it to the other ingredients, a little at a time, beating well When thick and showing signs of setting, pour into a wetted mould or pile roughly into a glass dish. Decorate and serve (*For 4 persons*)

Milk Jelly

Gelatine varies If the jelly is not as firm as you like it, dissolve it again in a warm place, or in a pan over lowest heat until just warmish and liquid Then add more dissolved gelatine You will have to judge whether you like it twice as firm or only half again as firm—and there is the amount you have to add

If the gelatine does not dissolve in the water despite the fact that you have poured it on hot and left it to stand, put it in a saucepan and leave on a low flame until thoroughly dissolved

Remember if you leave some partly-dissolved gelatine in the cup or basin in which you mixed it with the water, you will have just so much less to set the milk.

1 pint milk	**Lemon rind**
1 oz. sugar	**1 oz. gelatine**

2 tablespoonfuls of water

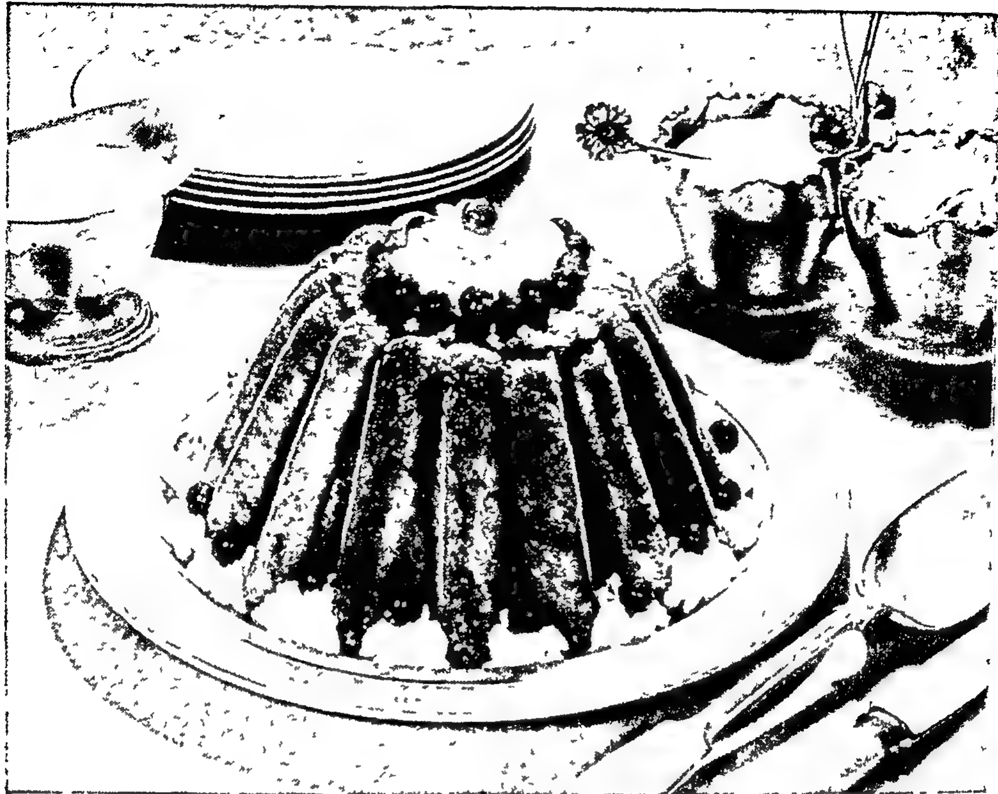
Time: 5–6 minutes Temperature. low

METHOD. Put the milk, sugar and lemon rind into a saucepan and slowly heat—do not boil. Strain into a basin. Dissolve the gelatine in two tablespoonfuls water. Add the flavoured milk and stir. Pour into moulds A little fruit essence will colour the jelly, if liked, and may be used instead of lemon rind. (*For 4 persons*)

Strawberries (Jellied) and Cream

1 pint jelly tablet—strawberry flavour	**Fresh strawberries**
	Whipped cream

METHOD: Dissolve jelly tablet as directed on the packet. When cold and on the point of setting stir in half the strawberries (halved or whole) and pour into a border mould to set Then turn out and fill centre with whole strawberries and whipped cream. Decorate round base of shape with additional strawberries and cream



Summer Pudding

Summer Pudding

Slices of bread **Cooked raspberries or other fruit**
Sugar to sweeten

METHOD: The bread should be cut about half an inch thick Line the bottom and sides of a small bowl with it. Make sure the bowl surface is quite covered. The raspberries should not be too moist Sweeten to taste Press them down so that they force the bread-lining into the shape of the bowl Cover with a slice—or slices—of bread Cover with a plate Leave to become cold and quite set If possible, put the bowl in a refrigerator Turn out and serve with cold custard or whipped cream if possible, and sugar.

This pudding can be made with other soft fruits such as loganberries and red and black currants With a little decoration it makes a good cold party sweet. (*For 4–6 persons*)

Sweet Mousses

A sweet mousse is a flavoured custard or blancmange, or a thick fruit sauce, enriched with whipped cream or white of egg and sometimes made firm with gelatine, then chilled.

The flavourings can be as varied as required and, if liked, chopped nuts and chopped glacé cherries, etc, may be added to the mixture before chilling.

Syllabubs

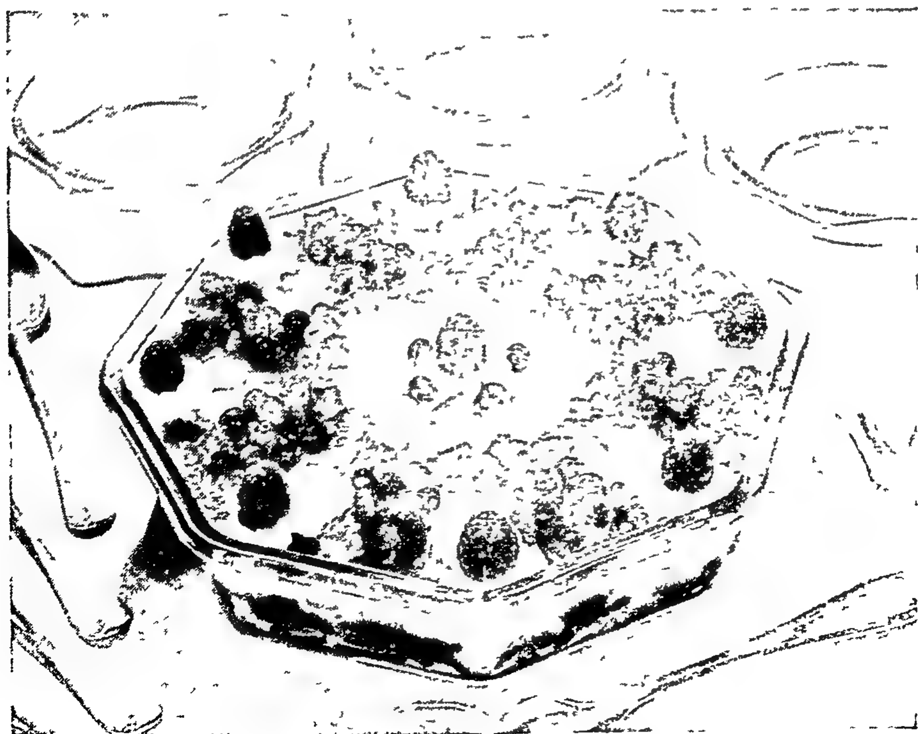
2 whites of eggs	1 wineglassful brandy
1 lemon	1 wineglassful sherry
2 oz. sugar	½ pint cream

METHOD: Beat the egg-whites into a very stiff froth Grate the lemon rind finely. Put the sugar, lemon juice, brandy and sherry into a basin and mix together Stir in the cream Add the eggs and a little of the lemon rind. Over a gentle heat, whisk the mixture well. Do not let it boil Remove the froth as it appears and put it on fine muslin to drain

Pour the mixture into serving glasses, filling them each about halfway Lightly drop the froth on top. Then serve (for 4 persons.)

Trifles

A trifle is a cake which is saturated with a well-flavoured liquid, topped with custard or cream, or both, for "smooth" eating. You will find here two of the traditional recipes But you need not fail to make a good dish of trifle because some of the mentioned ingredients are missing.



Trifle Decorated with Fresh Fruit

Trifle

¾ pint custard
½ lb. stale sponge cake or cakes
Jam, preferably strawberry
¼ pint sherry, fruit wine, or juice, or cider or dissolved jam
¼ pint cream (optional)

METHOD: Make the custard and leave to cool slightly. Slice the sponge cakes thinly and spread with jam. Arrange the slices in a glass dish, then saturate with the sherry or whatever you have chosen. Cover with the custard. Allow to get quite cold. Sweeten and whip the cream stiffly and pipe, or heap, it neatly on the top. Decorate according to taste. (*For 4–6 persons.*)

Trifle (without Wine)

Ingredients as above, omitting wine. Slice the sponge cake thinly and spread with jam. Make the custard and pour half into the serving dish, as hot as the dish is likely to stand. Dip and press the prepared sponge cake into it. Then pour the remaining custard over. Move the cake about to enable it to soak up the custard. Decorate with spirals or blobs of red jam.

Mock Cream (with a Cream Maker)

1 pint milk
1 lb. butter or margarine (salt-free)

METHOD: Bring the milk and margarine almost to boiling point and pump through the cream-making machine or emulsifier. If this is pumped through the cream machine several times the texture of the cream is better and it whips more easily. Allow to stand for twelve hours in a cold place and whisk (over ice for preference). When it begins to thicken, add sugar and flavouring essence to taste.

Mock Cream (1)

2 teaspoonfuls (rounded) custard powder or cornflour
½ pint milk
1–2 oz. margarine
½–1 oz. sugar
Flavouring

METHOD: Blend the custard powder or cornflour with a little of the cold milk. Heat the rest of the milk in a saucepan. Add it to the custard powder and return to the pan. Boil for a few minutes. Put aside to cool. Cream margarine and sugar together very well. Very gradually beat in the thick custard, add flavouring and continue to beat until creamy. This makes about half a pint of cream similar in texture to whipped cream.

Mock Cream (2)

Whisk the white of one egg until it is very [illegible]. Warm a teaspoonful of [illegible] syrup and add it, a few drops at a time to the egg-white, beating [illegible] the time, until the mixture thickens and looks [illegible] whipped cream.

Mock Whipped Cream

Make a custard with one pint of milk and [illegible] tablespoonful of custard powder. Sweeten with two to three [illegible] of sugar. Remove from [illegible] cool slightly and stir in one ounce of gel[illegible] dissolved thoroughly in [illegible] tablespoonfuls of hot (not boiling) water. [illegible] the mixture [illegible] set, whisk it very briskly with an egg-[illegible] increased considerably in volume. A flavouring [illegible] be added [illegible]

Substitute Cream

Evaporated milk can be used as a sub[illegible] obtained if the tin is first placed, un[illegible] cold water, [illegible] brought to the boil and allowed to s[illegible] minutes. [illegible] left to cool in the water. When quite cold, pour the milk into a bowl, add flavouring if liked, and whisk briskly [illegible] increases in volume and lightens in colour. A few drops of lemon juice [illegible] will thicken the milk to the consistency of cream.

Devonshire Cream

To get the best results, very creamy milk should be used for making Devonshire cream, it is not difficult but takes time.

Three parts fill an earthenware pan with [illegible] milk and leave it, without moving, for twenty-four hours in cold weather, in hot weather it [illegible] ready in twelve hours. Place the pan on [illegible] stove, where it will get [illegible] without even simmering. Let it remain on the stove until a solid [illegible] on the top. Lift the pan, carefully, to a cool place and leave until [illegible] Remove the cream with a spoon or sli[illegible]

Ice-cream, Vanilla

½ pint milk	2 eggs
2 oz. sugar	½ pint thick cream

Vanilla essence

METHOD: Make a smooth custard by heating the milk with the [illegible] pouring it over the well-beaten eggs. Return to pan and [illegible] until it thickens. Strain into a bowl and add vanilla e[illegible] quite cold stir in the lightly whipped cream and freeze.

Ice-cream, Chocolate

METHOD: Mix one tin of sweetened condensed milk [illegible] milk. Add cocoa dissolved in a little boiling water [illegible] sugar to taste. Add a little vanilla essence.

Taste the mixture for sweetness before freezing. It should be slightly sweeter than you wish the ice-cream to taste. Freeze as described below.

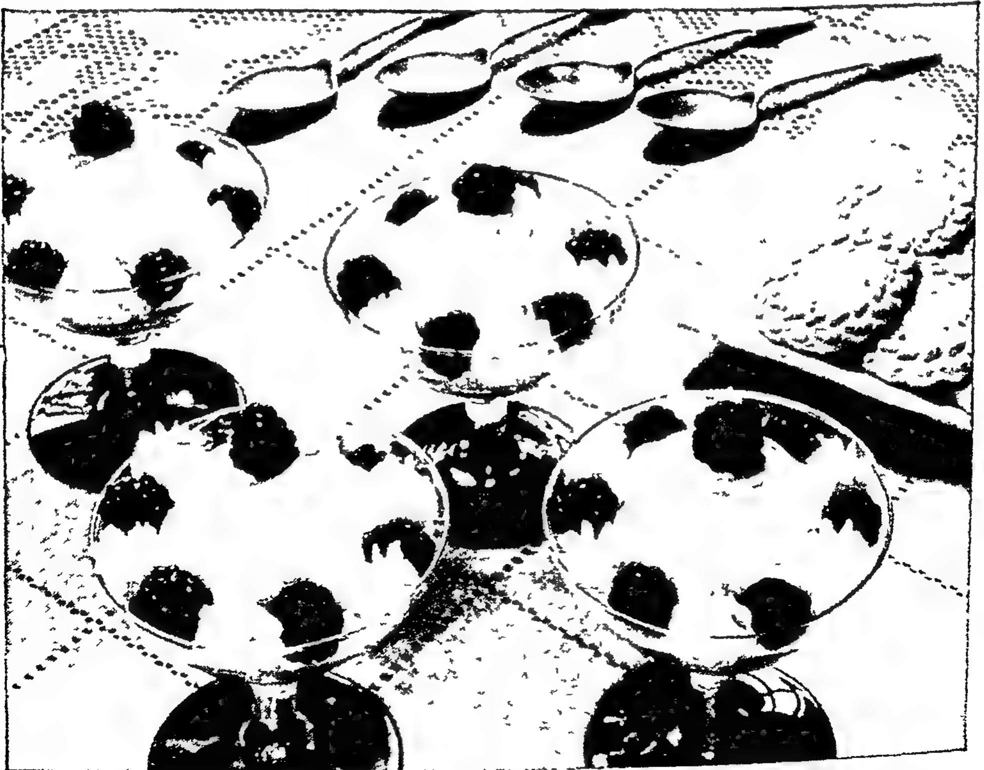
You can vary this recipe and make fruit ice-cream instead of chocolate ice-cream by omitting the cocoa and adding artificial flavouring. In this case you will need less sugar.

FREEZING METHODS

1. Put the mixture into the freezing trays in a refrigerator and when half frozen, beat up. Put back into the refrigerator and beat again when frozen. Chill before serving.

2. Put into the middle container of an ice-cream machine. Surround by chopped ice or ice cubes from the refrigerator. Well sprinkle with salt, preferably the kind sold for this purpose. Churn until it stiffens.

3. If you have no ice-cream machine, make your own by placing an earthenware jar or jug in a basin containing the ice and salt For churning use an egg-beater. The mixture should be covered over while it is being churned. To improvise a cover, make a slit in a piece of cloth or in several layers of thick greaseproof paper: push the top of the egg-whisk through this, then place the cloth or paper over the jar with the egg-whisk inside Tie the cloth or paper tightly round the jar as you would if you were making a steamed pudding.



Ice-cream Decorated with Fresh Fruit

Bread and Buns

Yeast Baking

HOME-MADE BREAD is delicious and nourishing Yeast baking is not difficult once the basic rules are mastered Study these in the Principles of Cookery, beginning on page 194, as attention to detail is necessary if success is to be certain Yeast needs to be kept warm, therefore all utensils and ingredients must be warmed before use The kitchen should also be free from cold draughts of air A varied selection of recipes follows

Bath Buns

1 lb. plain flour
Salt
4 oz. butter, or butter and lard, or lard and margarine, or margarine
1 oz. yeast
4 oz. caster sugar
¼ pint milk
2 eggs
2 oz. mixed candied peel

Time. 20 minutes Temperature: Regulo Mark 8; electricity, 450° F, solid fuel, hot; oil, hot

METHOD: Sieve the flour with a pinch of salt into a basin Rub in the fat Put the yeast into a small basin Add half a teaspoonful of caster sugar Cream together with a wooden spoon until liquid Warm the milk slightly and pour it on to the yeast mixture. Beat the eggs, add them and the yeast mixture to the flour. Mix well together Cover the basin with a cloth, and put it in a warm place for half an hour until the dough has risen to double its size Then mix in the rest of the sugar and the peel Knead well on a floured board Shape into balls of equal size, and put on a greased baking tin Allow to rise in a warm place for a further fifteen to twenty minutes Brush over with beaten egg and dust with caster sugar Bake in a hot oven for about twenty minutes.

Brioche

Barely ½ oz. yeast
2 tablespoonfuls warm water
½ lb. plain flour
Pinch of salt
1 oz. sugar
3-4 oz. butter, or lard and butter, or lard and margarine, or margarine
4 tablespoonfuls milk
Up to 3-4 eggs, fresh

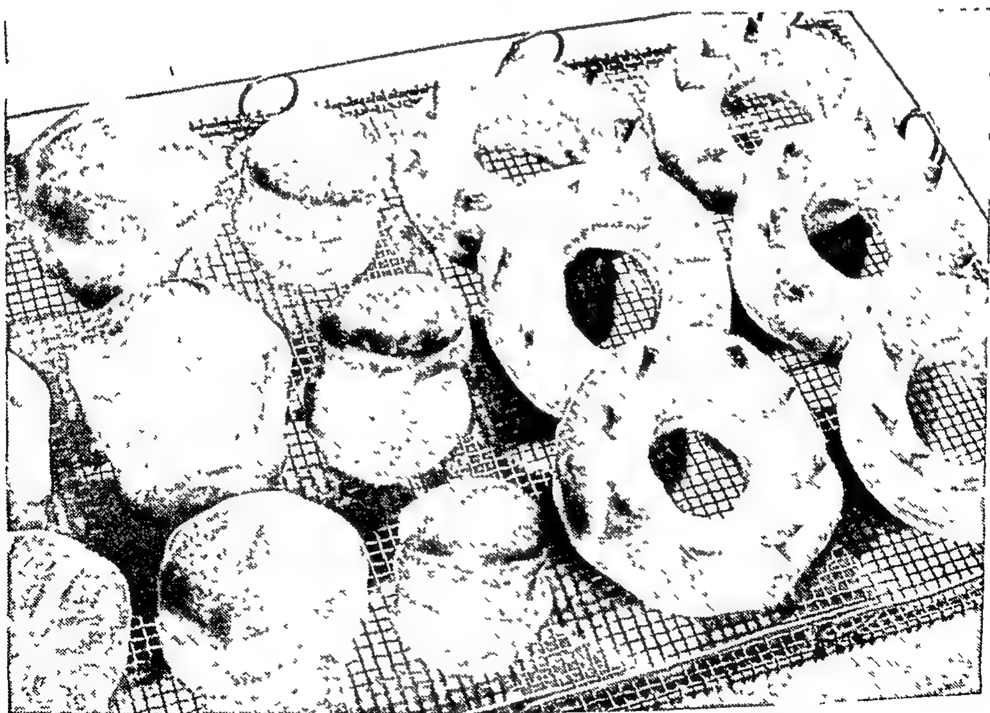
Time: 20-25 minutes. Temperature: Regulo Mark 8; electricity, 450° F.; solid fuel, hot, oil, hot

METHOD: Make sure that you have baking tins greased and warmed. You should really use a rather deep patty tin like a dariole tin, but failing this you can use ordinary patty tins. Mix the yeast and warm water together in a warmed bowl Stir into it two ounces of the flour, and mix together until you have a soft paste. Cover and put in a warm place to rise until it is double the size. Sieve the remainder of the flour into a basin. Add the salt and sugar Melt the fat and add the milk to it Stir this into the flour, and add the eggs, one at a time. Knead well until the dough is smooth Mix in the yeast dough, and knead again for five minutes Turn on to a floured board and beat well with the hand Make up into rolls just large enough to *half* fill each tin Put in the tins, and set in a warm place to rise to double the size, i e. to fill the tins. This will take twenty to thirty minutes. Put in a hot oven and bake until beginning to brown. Then lower the heat to moderate and allow to finish cooking. Total time, twenty to twenty-five minutes.

Buns

1 lb. plain flour
Pinch of salt
¾ oz. yeast
2 oz. caster sugar
½ pint milk
2 oz. butter, or butter and lard, or lard and margarine, or margarine
¼ lb. sultanas
1–2 eggs
Treacle

Time: about 20 minutes Temperature Regulo Mark 8, electricity, 450° F.; solid fuel, hot, oil, hot



Brioche in two different shapes



Chelsea Buns and Doughnuts

Method : Sieve the flour and a good pinch of salt into a basin. Put the yeast and a teaspoonful of sugar into a small basin and cream with a wooden spoon. Warm the milk slightly, and add the yeast to it. Make a well in the centre of the flour, and strain in the milk/yeast mixture and mix well together. Cover with a cloth and leave in a warm place for half an hour to rise. At the end of that time, turn on to a floured board and knead for five minutes. Return the dough to the basin and work in the melted fat, sugar, sultanas, and eggs one at a time. Beat well to mix thoroughly. Turn the dough on to the floured board again, and divide into twelve equal-sized pieces. Knead into buns, and place on a greased baking sheet. Set in a warm place for twenty minutes to rise. Bake in a hot oven, lowered to moderate after five or seven minutes, for twenty minutes. A few minutes before they are done, take from the oven and brush over with milk, beaten egg and treacle mixed together in equal quantities and return to finish cooking.

Chelsea Buns

1¾ lb. plain flour
1½ teaspoonfuls salt
1 oz. yeast
2 oz. caster sugar
Good ¾ pint milk, or milk and water

For spreading:
4 oz. butter, or butter and lard, or lard and margarine, or margarine
4 oz. caster sugar
Mixed spice
4–6 oz. sultanas (or currants)

Time: about 30 minutes. Temperature: Regulo Mark 4; electricity, 350° F.; solid fuel, moderate; oil, moderate

METHOD: Sieve the flour and salt into a basin. Put the yeast and sugar into a small basin and cream together with a wooden spoon until they are liquid. Pour on the milk, which should be lukewarm. Mix well together. Make a deep well in the centre of the flour and carefully pour the yeast mixture into it.

Sprinkle flour from the sides over the top, and set to rise in a warm place for twenty minutes After this, work in the flour by hand until smooth. Cover the basin with a cloth and set to rise in a warm place for about thirty minutes. At the end of that time turn the dough on to a floured board and knead it for five minutes. Now roll out the dough into a sheet about a quarter of an inch thick. Spread the butter over. Sprinkle with caster sugar and, if liked, a little mixed spice and washed sultanas or currants. Roll up like a swiss roll and cut into slices about one to one and a half inches thick. Grease a baking sheet, and arrange the rolls on it. Put in a warm place to rise. Bake in a moderate oven, and sprinkle with caster sugar when done. Cooking time about thirty minutes.

Doughnuts

1 lb. plain flour
Pinch of salt
1 oz. yeast
Caster sugar
2 oz. butter, or butter and lard, or lard and margarine, or margarine
About ½ pint milk
A little jam
Fat for frying

Time. 4–5 minutes. Temperature: hot

METHOD: Sieve the flour and salt into a basin. Put the yeast into a small basin, add half a teaspoonful of caster sugar. Cream these together with a wooden spoon until liquid. Melt the butter in a small saucepan, add the milk, and make just lukewarm. Pour this on to the yeast and mix well together. Make a well in the centre of the flour, and pour in the yeast/milk mixture. Stir in the flour from the sides to make a stiff dough. Cover with a cloth, and put in a warm place to rise for two hours. When ready, turn the dough on to a floured board and knead well for five minutes Then divide into small pieces, about twelve to fourteen, and flatten slightly with the hand Put a little jam on each and work the dough round to enclose the jam. If you put in too much jam it will boil out. Leave to rise for twenty minutes on a floured tin.

Have ready a saucepan of hot fat. Drop in three or four at a time. They must have plenty of room Turn them over with a spoon to cook to the same colour all over. They will take four to five minutes to fry. Have a sheet of kitchen paper thickly sprinkled with caster sugar. Drain the doughnuts from the fat and put them at once on to the sugar, shaking it well over them. Serve hot or cold.



Varieties of French Roll

French Rolls

2 oz. butter or margarine	**1 teaspoonful sugar**
1 lb. plain flour	**½ oz yeast**
1 teaspoonful salt	**Milk**

1 egg

Time. 10-15 minutes. Temperature: Regulo Mark 6, electricity, 400° F; solid fuel, hot; oil, hot

METHOD. Rub the fat into the flour. Add salt and sugar. Cream the yeast, add a little warm milk and add to the flour Beat the egg and stir this in with sufficient milk to make a stiff dough Knead the dough, and leave to rise to twice its size Shape into rolls on a flat tin and prove for fifteen to twenty minutes, in a warm place Bake in a hot oven for about ten minutes Take from the oven and brush each roll over with beaten egg Leave the rolls a few minutes to dry, and then serve.

Hot Cross Buns

Ingredients as for "Buns", page 416, adding mixed spice, and making a cross on each bun with the back of a floured knife, just before baking

Alternatively, the top of each bun can be lightly brushed with egg and water after proving and thin strips of pastry laid on to form crosses.

Household Bread

See page 194 of the Principles of Cookery for "How to Make Bread"

Rusks

½ pint warm milk
2 oz. butter or margarine
½ oz. yeast
2 eggs
1 lb. plain flour
1 teaspoonful salt
1 heaped tablespoonful sugar

Time: 20 minutes. Temperature: Regulo Mark 8; electricity, 450° F.; solid fuel, hot; oil, hot

METHOD: Warm the milk and stir fat into this until it has dissolved. Add the yeast and well-beaten eggs Put the flour, salt and sugar into a bowl and mix. Make a well in the centre and pour in the milk mixture. Mix in the flour from the sides and leave in a warm place until frothy, covered with a cloth Then knead into a firm dough and divide into small cakes about the size of an egg. Place on baking tins and leave to rise until twice their size—twenty to thirty minutes. Bake in a hot oven for about twenty minutes, and remove to a warm place to dry thoroughly Split in half and dry slowly until a golden brown throughout. Store in a tin.

Rye Bread

1–1½ oz. yeast
½ oz. sugar
About 1 oz. salt
3½ lb. rye flour
Lukewarm water to mix—about 2 pints

Time: 45 minutes Temperature Regulo Mark 8, electricity, 450° F.; solid fuel, hot; oil, hot

METHOD: If you take the greater amount of yeast the bread will be more spongy. The dough should be rather soft if you like your bread moist. Crumble the yeast into a bowl. Add the sugar, and enough lukewarm water (about half a cup) to make a smooth creamy consistency. Cover loosely with a greased paper or cloth and leave for ten minutes in a warm place. Mix the salt with the warmed flour. Add the yeast Add the remaining lukewarm water by pouring it into the centre of the mixture and beating the flour in from the sides. It should be a soft "doughy" consistency. You may like your bread very "fine holed" The longer you beat the dough, the finer will be the holes Put the dough in the greased loaf tins, filling them not higher than halfway up. Cover them with a cloth and keep in a warm place, *undisturbed*, to rise Leave for about twenty to thirty minutes Again, the texture of the bread is dependent on the way you let it rise. It should be in a *warm* place, but if the heat is too strong you will get large holes no matter how you kneaded the dough Bake in a hot oven on one of the upper middle shelves. You can safely put one loaf above another, but you will have to

leave the bottom loaf for a longer baking time Baking time three-quarters to one hour. If the tins are filled only two inches deep before the dough has risen, count only thirty minutes' baking time If you like a crusty loaf, turn out when done on to a wire tray and leave to cool If you do not like a hard crust, leave the bread to cool off on a wire tray only until you can touch it without burning your fingers Then wrap it in a cloth If you like the top crust of your bread to be interesting like baker's bread, cut two or three times into it, slantwise, before or after the dough has risen

Note: To test if a loaf is cooked turn it out of the tin on to your hand and tap the bottom sharply with the knuckles It will sound hollow when cooked and "dead" when under-done Put it back in the tin in the oven if you are not satisfied that it is cooked

Sally Lunns

¾ lb plain flour

Pinch of salt
½ oz. yeast
1 oz. caster sugar
3–4 oz butter, or butter and lard, or lard and margarine, or margarine
¼–½ pint of milk (more liquid makes a softer cake)
1 egg

Time 20 minutes Temperature Regulo Mark 8, electricity, 450° F, solid fuel, hot, oil, hot

METHOD · Sieve the flour and salt into a bowl Cream the yeast and a teaspoonful of sugar together Melt the butter, add it to the milk Beat the egg, and pour over the milk mixture Mix this with the yeast Put into the flour, add rest of sugar, and mix to a dough of soft consistency by hand Beat well. Cover with a cloth and put to rise in a warm place for half to three-quarters of an hour Turn on to a floured board, knead lightly, and form into round cakes Put on a greased and floured baking tin, and leave to rise for ten minutes more. Or put into sandwich cake tin, filling it only half full Bake in a hot oven for twenty minutes, and then brush with milk and sugar Split and butter hot

Viennese Rolls

¾ oz. yeast
½ teaspoonful sugar
2 oz. butter or margarine
½ pint milk
1 egg
1 lb. plain flour
1 teaspoonful salt

Time 15 minutes. Temperature· Regulo Mark 8; electricity, 450° F.; solid fuel, hot; oil, hot

METHOD : Mix the yeast and sugar together in a small basin with a wooden spoon until liquid Melt the fat in a small saucepan, add the milk, and make lukewarm Pour this over the beaten egg, then pour it on to the yeast. Mix

well. Put the flour and salt into a large basin Make a well in the centre of the flour, pour in the yeast mixture, and work in the flour. Form into a dough and set this in a warm place to rise to twice its size, twenty to thirty minutes At the end of that time, turn on to a floured board and knead until smooth Form into rolls. Place these on a floured tin, put in a warm place to rise for ten minutes, then bake in a quick oven for fifteen minutes.

Wholemeal Bread

3½ lb. wholemeal flour
1 dessertspoonful salt
1½ oz. yeast
1 teaspoonful sugar
1¾ pints warm water

Time: 60–70 minutes. Temperature: Regulo Mark 4; electricity, 375° F.; solid fuel, moderate, oil, moderate

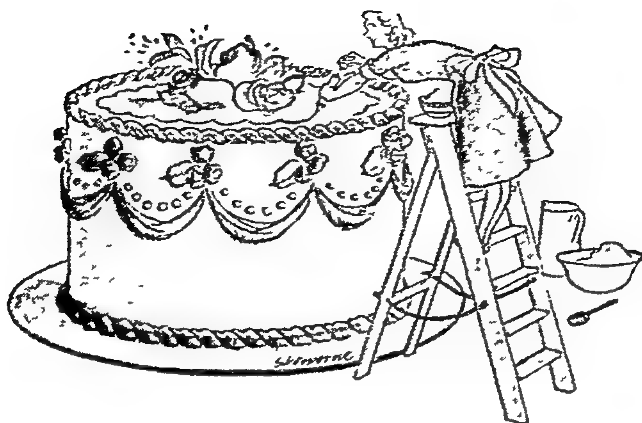
METHOD: Warm the flour and salt in a bowl in the oven. Cream yeast and sugar until liquid, add warm water, and pour into flour. Knead well, leave to rise for one hour or until twice its size in a warm place. Shape into loaves and allow to rise for a further three-quarters of an hour. Bake in a moderate oven for sixty to seventy minutes.

Yorkshire Tea Cakes

¾ lb. plain flour
Pinch of salt
½ oz. yeast
1 teaspoonful caster sugar
2 oz. butter, or butter and lard, or lard and margarine, or margarine
Milk to make soft dough (over ¼ pt.)
1 egg

Time: about 10–15 minutes. Temperature: Regulo Mark 8; electricity, 450° F., solid fuel, hot; oil, hot

METHOD: Sift the flour and salt into a basin Cream the yeast and sugar together in a small basin until liquid. Melt the fat in a saucepan, add the milk to it, and warm slightly. Beat the egg, add the milk and fat to it Pour this on to the yeast and sugar mixture, and mix well together Make a well in the centre of the flour, add the yeast mixture, and mix in all the flour from the sides Cover the basin with a cloth and set in a warm place to rise to twice its size (thirty minutes) Turn on to the floured board and knead well for about five minutes Divide the dough into two pieces Grease two timbale-moulds, put a piece of dough in each, and leave in a warm place for a further twenty minutes Instead of using moulds, the dough can be made into four round cakes and baked on a greased tin or baking sheet Leave for twenty minutes before baking. Bake in a hot oven for about ten to fifteen minutes.



Cakes

Large and Small

CAKE-MAKING can be one of the most satisfactory branches of cookery, for there is no comparison between a delicious home-made cake, or plate of small cakes, and the bought variety Butter or margarine are the best fats to use for cake making, but mixtures of fats where suggested in the recipes can be used It would be as well for the inexperienced cake-maker to study first the rules in the Principles of Cookery, page 199, where what to do and what not to do is explained clearly and fully Many of the ingredients given in the recipes are "optional" The main recipe will be as good without these more elaborate additions, but they give a more festive air to what might otherwise be a plain cake or cakes

Almond Cakes

3 oz. almonds, or any other kind of nuts
3–4 oz butter, or butter and lard, or lard and margarine, or margarine
3–4 oz. sugar
2 eggs
6 oz. plain flour
1 teaspoonful baking powder
Pinch of salt
About 3 tablespoonfuls milk
Almond essence

Time· about 20 minutes Temperature Regulo Mark 4, electricity, 350° F., solid fuel, moderate, oil, moderate

METHOD . Grease some patty tins Blanch the almonds. Cut a few strips for the tops. Shred and chop finely the rest. Cream the fat and sugar together. Add the eggs, one at a time, and beat well Sieve in the flour, baking powder

and salt, and mix well with the milk. Add the chopped almonds, and a little almond essence. Half fill the greased tins with the mixture, sprinkle the chopped almonds on top and decorate with crosses made of the strips Bake in a moderate oven until well risen and a golden brown colour. *Makes about fifteen cakes.*

Angel Cake

2 oz. fine, white, plain flour
3½ oz. caster sugar
Pinch of salt
¾ teaspoonful cream of tartar
6 whites of eggs
2¾ oz. caster sugar
2 to 3 drops vanilla essence
2 drops almond essence

Time about 35 minutes. Temperature: Regulo Mark 5; electricity, 375° F., solid fuel, moderate; oil, moderate

METHOD. Grease an Angel (high rimmed) cake tin Sieve the flour and the 3½ ounces of caster sugar, three times, and set on one side Add the salt and cream of tartar to the whites of eggs and whip them in a dry bowl, very stiffly. Add second portion of sugar, two tablespoonsful at a time, and the essences, and continue to whip until the mixture stands in peaks Carefully fold in the sieved flour and caster sugar. Fill the clean, dry cake tin at once Bake in a moderate oven for about 30 to 35 minutes or until cooked Tin diameter 6 in. × 3 in. deep.

Beignets

Make the choux pastry described under "Éclairs", page 433. Spoon into smoking hot deep fat, and fry quickly. Drain on paper and serve powdered with sugar.

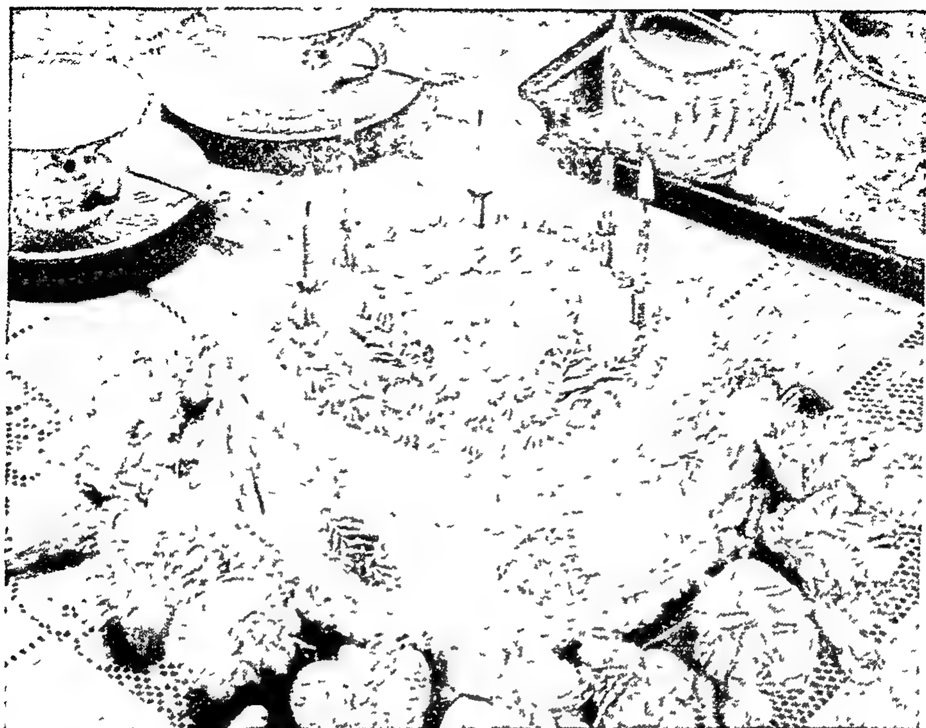
If you wish you can fry them in shapes. You can spoon them on to a floured board and divide into equal portions Or you can pipe the choux pastry through an icing machine on to a floured board in ring shape. Make sure that the ends meet, so that your ring is secure. Take off with a slice and fry in deep fat.

Birthday Cake

¾ lb currants, or other dried fruit
½ lb. sultanas, or other dried fruit
¼ lb. mixed peel, or a little flavouring
8–10 oz. butter, or butter and lard, or lard and margarine, or margarine
8–10 oz. sugar
4 eggs
¾ lb. plain flour
1 teaspoonful baking powder
Pinch of salt
Almond icing (page 464)
Royal icing (page 466)

Time: 2–2½ hours. Temperature: Regulo Mark 3; electricity, 325° F; solid fuel, slow; oil, slow

METHOD. Line a cake tin with several thicknesses of paper Clean and stalk the fruit. Chop the peel. Cream the fat and sugar together with a wooden spoon. Beat in the eggs, one at a time Sieve the flour, baking powder and salt together, stir into the sugar-fat mixture. Add the fruit and peel. Mix all well together. Turn into the prepared tin and bake in a slow oven for two to



Birthday Cake

two and a half hours. When done, cool on a wire rack. When the cake is quite cold, cover the top with a layer of almond icing, and ice with Royal icing, and decorate as liked with a forcing bag and pipe When the icing has set it is ready to serve Cake tin diameter, 9 in × 3½ in. deep

Brandy Wafers

4 oz. butter or margarine
½ lb treacle
5 oz. plain flour
Pinch of salt
¼ oz. ground ginger
6 oz sugar

Time· about 10 minutes Temperature Regulo Mark 4, electricity, 375° F; solid fuel, moderate, oil, moderate

METHOD Melt the fat and treacle together Then stir in by degrees the sieved flour, salt and ginger, and the sugar Mix well together Bake each wafer on a separate greased tin, if several are baked on one tin they are liable to join up Drop a spoonful of the mixture on to the centre of the tin, and bake in a moderate oven for about ten minutes When taken from the oven they will take a moment or so to set Then, before they commence to harden, ease carefully from the tin with a broad-bladed knife and roll up If liked, curl round a rolling-pin or cornet-shaped mould (for filling with cream later).

When crisp, store in airtight tin



Cherry Cake

Cherry Cake

5 oz. butter, or butter and lard, or lard and margarine, or margarine
5 oz. sugar
3 eggs
½ lb. plain flour
Salt
¾ teaspoonful baking powder
3 oz. glacé cherries

Time: about 1 hour. Temperature: Regulo Mark 4; electricity, 375° F.; solid fuel, moderate; oil, moderate

Method: Line a cake tin with paper. Cream the fat and sugar together until soft. Beat in the eggs, one at a time Sieve the flour, salt and baking powder into the mixture, and lastly add the cherries, cut in halves. See that they are well distributed in the cake Turn into the prepared tin and bake in a moderate oven for about one hour, or until firm to the touch Tin diameter, 7 in. × 3 in deep Decorate with halved cherries

Chocolate Cake

3 oz. butter, or butter and lard, or lard and margarine, or margarine
2½ oz. sugar
1 egg
2 oz. plain chocolate
2 tablespoonfuls milk
6 oz plain flour
Pinch of salt
1 level teaspoonful baking powder
Chocolate icing (page 464)
Chocolate butter icing (page 464)

Time about 30 minutes Temperature: Regulo Mark 4, electricity, 375° F.; solid fuel, moderate; oil, moderate

METHOD Grease a cake tin and line with greased paper. Cream the fat and sugar together until soft Break in the egg and beat well Grate the chocolate into a small saucepan with the milk and stir together over gentle heat until melted, but only lukewarm Add this to the rest of the mixture Sieve the flour, salt and baking powder into it, stirring lightly to mix thoroughly Pour this mixture into the cake tin and bake in a moderate oven for about half an hour Cool on a wire rack When quite cold, ice with chocolate icing and decorate with chocolate butter icing. Tin diameter, 7 in. × 3 in deep.

Chocolate Fingers

Almonds or any other nuts (optional)
2 oz. plain chocolate
2 oz. butter or margarine
2 oz. sugar
1 egg
6 oz. plain flour
½ teaspoonful baking powder
Pinch of salt
Milk

Time: about 15 minutes Temperature Regulo Mark 4, electricity, 375° F.; solid fuel, moderate, oil, moderate

METHOD: Grease and flour a baking sheet. Blanch and chop the nuts Break the chocolate into pieces in a basin and place in the oven When it is soft, remove from the oven, and add the fat and sugar Cream all together until quite soft. Beat in the egg Lastly, add the sieved flour, baking powder and salt Make this into a stiff dough, adding a little milk if necessary. Roll out about a quarter of an inch thick, and cut into fingers Brush over with beaten egg and sprinkle with chopped nuts Bake for about a quarter of an hour.

Chocolate Mocha Cake

4 oz. butter or margarine
6–7 oz. sugar
3 eggs
Little milk, quantity depending on size of eggs
7 oz plain flour
3 oz. sweetened chocolate powder
2 teaspoonfuls baking powder
Coffee butter icing (page 465)
Water icing (page 466)
Halves of walnuts

Time about 30 minutes Temperature Regulo Mark 4; electricity, 375° F, solid fuel, moderate, oil, moderate

METHOD. Cream butter and sugar thoroughly until soft and creamy. Separate the eggs Beat the yolks with two tablespoonfuls of milk and stir into the butter and sugar alternately with about half the sieved flour. Then whisk the whites of eggs until stiff Stir these into the cake mixture alternately with the chocolate powder and the remainder of the flour sieved with the baking powder Try to blend well without actually beating. Put the mixture into a square, deep sandwich tin, or two smaller oblong

ones Put into a moderate oven until firm to the touch. This should take about thirty minutes. If the eggs are small use a little more milk than indicated When cooked and cool, cut the square cake into two portions and sandwich together with coffee butter icing, finally covering with a coffee-tinted and flavoured water icing and with a decoration of halved walnuts. Tin sizes, 8 in. × 8 in. × 1½ in. deep, or 7½ in. × 3½ in. × 3 in. deep.

Chocolate Swiss Roll

3–4 oz. butter or margarine
4 oz. sugar
2 eggs
4 oz. plain flour
1 rounded teaspoonful baking powder
1½ oz. chocolate powder
Pinch of salt
A little milk, if necessary
Coffee butter icing (page 465) or cream

Time: about 7–10 minutes Temperature. Regulo Mark 8; electricity, 450° F.; solid fuel, hot; oil, hot

METHOD: Line an oblong shallow baking tin with greased paper. Cream the fat and sugar together until soft and fluffy. Beat the eggs thoroughly and add one at a time Sieve in the flour, baking powder, chocolate powder and salt Mix well If the mixture is stiff, add a little milk. Turn into the prepared tin and spread evenly. Place in a hot oven and bake for seven to ten minutes Turn out on to sugared paper. Roll up lightly.

When quite cold, unroll and spread with coffee butter icing or whipped cream.

Christmas Cake

5 oz. almonds, nuts, or 1 teaspoonful almond essence
1 lb. currants, or other dried fruit
½ lb. sultanas, or other dried fruit
4 oz. mixed peel
¾ lb. plain flour
1 teaspoonful baking powder
Salt
½ lb butter or margarine
½ lb. sugar, or half sugar, half syrup
5 eggs
¼ oz. mixed spice
½ wineglassful brandy or sherry
Almond icing (page 464)
Icing, preferably Royal icing (page 466)

Time: 2½–3 hours. Temperature· Regulo Mark 3; electricity, 325° F; solid fuel, slow; oil, slow

METHOD: Line a cake tin with several thicknesses of paper. Blanch the almonds and chop finely. Clean and stalk the fruit. Chop the peel Sieve the flour, baking powder and a good pinch of salt together Put the fat and sugar into a basin, and cream with a wooden spoon until soft Beat in the eggs, one at a time Stir in the flour, fruit, almonds, spice, peel and the brandy or sherry Mix well. Turn into the prepared tin and bake in a slow

oven for two and a half hours to three hours When done, turn out on a wire rack to cool When the cake is cold, cover the top with a layer of almond icing When this has set, coat with icing Let this get quite firm, then decorate with pink icing through a forcing bag with fancy pipe This cake improves with keeping. It will have a better flavour in three months' time than when first baked

If this cake is kept any length of time, it will, of course, not be iced until needed Diameter of tin, 9 in × 3½ in deep

Cinnamon Buns

1 lb. self-raising flour
1 teaspoonful ground cinnamon
Salt
6–8 oz. butter or margarine
6 oz. sugar
2 eggs
Milk

Time: 15–20 minutes Temperature Regulo Mark 4; electricity, 350° F., solid fuel, moderate, oil, moderate

METHOD · Grease a baking sheet Sieve the self-raising flour, cinnamon and a pinch of salt Cut the fat into the flour mixture, and rub in lightly with the tips of the fingers. Add the sugar Beat up the eggs, and stir into the flour mixture Add enough milk to make a stiff dough Mix thoroughly Divide into sixteen portions Place on the baking sheet Brush over with beaten egg and dust with caster sugar Bake in a moderate oven for fifteen to twenty minutes

Makes about sixteen buns

Cinnamon Cake

½ lb. plain flour
1 teaspoonful baking powder
Pinch of salt
¼ oz. powdered cinnamon
¼–½ lb butter or margarine
¼–½ lb. brown sugar
2–4 eggs
A little milk if necessary

Time: about 45 minutes Temperature. Regulo Mark 4, electricity, 350° F; solid fuel, moderate, oil, moderate

METHOD : Line a cake tin with paper. Sieve the flour, baking powder, salt and cinnamon into a bowl Beat the fat and sugar until soft and creamy Beat the eggs, and add them to the fat mixture, alternately with the sieved flour mixture Beat well, and add a little milk if necessary to bring to a light consistency Pour into the prepared cake tin and bake in a moderate oven for about three-quarters of an hour

Note · If four ounces of fat and sugar are used the consistency should be made soft with milk. If eight ounces of fat and sugar are used, no milk will be necessary Tin diameter, 7 in. × 3 in. deep.



Coconut Cake

Coconut Cake

3–4 eggs
4 oz. sugar
5 oz. plain flour
1 teaspoonful baking powder
Pinch of salt
¼ lb. butter, or butter and margarine
6 oz. icing sugar
2 oz. desiccated coconut
Vanilla
Cochineal (optional)
Water icing (page 466)
Glacé cherry

Time· 30 minutes Temperature· Regulo Mark 4, electricity, 375° F, solid fuel, moderate, oil, moderate

METHOD Grease a cake tin Put the eggs and sugar into a basin and beat together for fifteen minutes Sieve in the flour, baking powder and a pinch of salt Mix lightly Pour this mixture into the prepared cake tin and bake for about half an hour in a moderate oven When done, turn out on to a sieve to cool When cold, split the cake in half and spread with the following mixture Cream the fat and add the icing sugar, working together until soft Add one ounce of coconut Flavour with vanilla and, if liked, tint with cochineal Sandwich between the cake Cover the cake with the icing (which can also be tinted pink if preferred) and, when this is beginning to set, sprinkle thickly with the remainder of the coconut. Place glacé cherry in centre Tin 7 in. × 7 in × 3 in deep If liked, the mixture may be baked in two 7-in. shallow tins—the cooking time is about fifteen to twenty minutes.

Coconut Cakes

½ lb. plain flour
1 teaspoonful baking powder

Pinch of salt
3 oz. butter, or butter and lard, or lard and margarine, or margarine
3 oz. sugar
2 oz desiccated coconut
1 egg
Milk, if necessary

Time: about 15 minutes. Temperature: Regulo Mark 4; electricity, 350° F.; solid fuel, moderate, oil, moderate

METHOD: Grease a baking sheet. Sieve the flour, baking powder and salt into a bowl. Rub the fat in with the tips of the fingers Add the sugar and coconut. Beat the egg in a basin, and add to the flour mixture. Add a very little milk if necessary, but keep the mixture stiff. Mix thoroughly Put in little heaps on the baking sheet Bake in a moderate oven for fifteen minutes *Makes about one dozen cakes, according to size.*

Coconut Pyramids

3 whites of eggs
½ lb. desiccated coconut
4 oz. caster sugar
1½ oz. flour

Time: about 25 to 30 minutes. Temperature Regulo Mark 4; electricity, 350° F.; solid fuel, moderate, oil, moderate

METHOD · Grease and flour a baking sheet. Whisk the whites of eggs in a basin until they become a stiff froth Mix the coconut, sugar and sieved flour together in a basin, and stir in the whites of eggs by degrees until a stiff and rather crumbly mixture is formed Maybe you will not require the whole amount of egg whites, as eggs vary in size. When mixed they should be stiff enough to retain their pyramid shape when placed on the baking sheet Bake in a very moderate oven until firm and lightly brown on top. Turn on to a sieve to cool *Makes about nine to one dozen cakes.*

Coconut Macaroons

2 whites of eggs
4 oz. caster sugar
3 oz. desiccated coconut
1 oz. ground almonds, or other nuts
1 oz. ground rice
Vanilla
Cochineal (optional)
Wafer paper

Time: about 35 minutes Temperature · Regulo Mark 2; electricity, 300° F.; solid fuel, cool, oil, cool

METHOD · Whisk the whites of eggs very stiffly. Stir in the sugar, coconut, almonds, ground rice and a few drops of vanilla essence. Form this mixture into small balls Place them on wafer paper, leaving several inches of space between each one to allow for spreading Bake in a cool oven until crisp When cold, keep them in a tin or they will not keep crisp. If liked, tint half the mixture pink with cochineal *Makes about nine to ten, according to size.*

Devonshire Cakes

1 lb. plain flour
Salt
1½ level teaspoonfuls cream of tartar
1 level teaspoonful bicarbonate of soda
½ teaspoonful baking powder
6 oz. butter, or butter and lard, or lard and margarine, or margarine
6 oz. sugar
¼ lb. currants, or other dried fruit
Mixed spice to taste
2 eggs
Milk

Time about 20 minutes. Temperature · Regulo Mark 4; electricity, 350° F.; solid fuel, moderate; oil, moderate

METHOD. Grease some patty pans Sieve the flour, a pinch of salt, cream of tartar, the bicarbonate of soda and baking powder into a bowl Rub the fat in lightly Add the sugar, currants and mixed spice. Beat the eggs in a basin and stir into the mixture, add enough milk to make into a dough. Put into the prepared tins and dust over with sugar. Bake in a moderate oven for about twenty minutes. Cool on a wire sieve. *Makes about twenty to twenty-four cakes, according to size.*

Dundee Cake

¼ lb. almonds
6 oz. sultanas
¼ lb. currants
½ lemon
1 oz. peel
½ lb. butter or margarine
½ lb. sugar
4–6 eggs
¾ lb. flour } or self-raising flour
1 teaspoonful baking powder } or self-raising flour
Pinch of salt
½ teaspoonful mixed spice

Time. 2–2½ hours Temperature Regulo Mark 4; electricity, 350° F.; solid fuel, moderately cool, oil, moderately cool

METHOD. Line a cake tin with greaseproof paper. Blanch and skin the almonds Clean and stalk the fruit Grate the lemon rind. Chop the peel. Cream the fat and sugar together until soft Break in the eggs, one at a time, beating each one in thoroughly before adding the next Sieve the flour, baking powder and salt into the mixture Add the fruit, peel, spice and lemon rind. Mix thoroughly Turn into the prepared cake tin, and decorate the top with almonds Bake in a moderately cool oven for two to two and a half hours Cool on a wire sieve. Fills two oblong tins measuring 4 in. across × 9 in long × 3½ in deep, or one round tin, diameter 8½ in. × 3½ in.



STRAWBERRIES (JELLIED) AND CREAM



RICH PLUM CAKE



GENOESE FANCIES



CHOCOLATE MOCHA CAKE

Éclairs

2 oz. plain flour	**2 eggs**
Pinch of salt	**Vanilla essence**
1 oz. butter or margarine	**For the fillings: ¼ pint cream, or confectioner's custard (page 376)**
¼ pint water	

For coating: water icing (page 466)

Time: about 30–40 minutes
Temperature: Regulo Mark 6; electricity, 415° F ; solid fuel, hot; oil, hot

METHOD : Mix the flour and salt, and sift it Melt the fat in a saucepan, add the water, and bring to the boil Beat in the flour, dry. Allow to cool slightly, add the eggs slowly, beating well, add a few drops of vanilla essence Pipe the mixture in small rolls in the form of éclairs on a greased tin, using a coarse plain icing nozzle. Bake in a hot oven until brown and firm, from thirty to forty minutes If necessary, scoop out the centre of each, and put in a cool oven to dry. When quite cold, cut along one side and fill with the whipped and sweetened cream, or confectioner's custard, flavoured as wished. Coat with icing. *Makes about ten éclairs, according to size*



Dundee Cake

Fairy Cakes

6 oz. plain flour
4 oz. butter or margarine
3 oz. sugar
2–3 eggs
½ teaspoonful baking powder
Pinch of salt
3 oz. glacé cherries (optional)
Rind of 1 lemon

Time: 15–20 minutes
Temperature: Regulo Mark 4; electricity, 350° F.; solid fuel, moderate; oil, moderate

METHOD: Grease Queen cake tins, or small, deep individual tins. Sift the flour. Cream the fat and sugar together until soft. Beat in the eggs, one at a time. Stir in the sieved flour, baking powder and a pinch of salt. Chop the cherries finely and add. Grate the lemon rind and stir in. Mix all together lightly. Half fill the tins with the mixture, and bake in a moderate oven for fifteen to twenty minutes. Cool on a wire sieve. *Makes about one dozen cakes, according to size.*

Fruit Meringue Pie

Pastry Case, about ½ lb. short pastry, page 182
1 lb. fresh or frozen fruit
Sugar to cook
For the Meringue: 2 egg whites 3 oz. caster sugar
Glacé cherries

Time: about 30 minutes. Temperature: Regulo Mark 1; electricity, 280° F.; solid fuel, cool, oil, cool

METHOD: Make the pastry case and cook it "blind" as directed for custard tart on page 470.

Almost any kind of fruit is suitable, cook it slowly in very little water, or butter, with enough sugar to sweeten to taste. Frozen fruit may be used in which case no sugar will be needed as there is sufficient in the fruit. When cooked drain away any surplus liquor, carefully, taking care to keep the fruit as whole as possible. Brush the inside of the pastry case with a little white of egg and arrange the fruit inside.

To Make the Meringue: Beat up the whites of eggs until very stiff, then fold in the caster sugar gradually. Spread this mixture over the fruit and decorate with the glacé cherries. Bake in a very cool oven until the meringue is set and slightly coloured. *Enough for four to six slices.*

This pie may be served cold as a cake, or hot as an after dinner sweet.

Fruit Tea Cakes

3–4 oz. butter, or butter and lard, or lard and margarine, or margarine
3–4 oz. sugar
2 eggs
½ lb. plain flour
1 level teaspoonful baking powder
Pinch of salt
Milk
Any fruit in season or glacé cherries

Time about 15–20 minutes
Temperature · Regulo Mark 4, electricity, 375° F, solid fuel, moderate, oil, moderate

METHOD · Grease dariole moulds or small deep tins Cream the fat and sugar together, and beat in the eggs Sieve in the flour, baking powder and salt, and sufficient milk to make a dropping consistency. Fill the moulds three-quarters full Cook in a moderate oven for fifteen to twenty minutes When done, turn out and cut a slice from near the top of each Take out a little of the centres and fill with any kind of fresh fruit, washed and chopped if necessary, or glacé cherries (Sprinkle raw fruit with sugar) Replace the tops Decorate as liked. Serve hot or cold *Makes about one dozen cakes*



Fruit Tea Cakes

Genoa Cake

2 oz. almonds, or other nuts (optional)

6 oz. sultanas	4–5 eggs
2 oz. peel (optional)	10 oz. plain flour } or self-raising flour
1 lemon	1 teaspoonful baking powder }
$\frac{1}{4}$ lb. butter or margarine	Salt
$\frac{1}{4}$ lb. sugar	

Time: 1–1½ hours Temperature: Regulo Mark 4; electricity, 350° F., solid fuel, moderately cool; oil, moderately cool

METHOD Blanch and chop the almonds Clean and prepare the fruit and peel Grate the lemon rind. Line a cake tin with greased paper. Cream fat and sugar together with a wooden spoon until soft. Break in the eggs, one at a time, beating each one well in before the next is added. Sieve in the flour, baking powder and a good pinch of salt Add the lemon rind, fruit and peel Mix thoroughly, and place into the cake tin. Decorate the top with the almonds, and bake in a moderately cool oven for one to one and a half hours.

Tin diameter, 8½ in × 3½ in. deep, or two oblong cake tins, 9 in. × 4 in across × 3 in. deep



Genoa Cake

Genoese Fancies

These are made with the Genoese pastry given below. Then cut into fancy shapes, sliced across and filled with jam or a cream filling, iced and decorated.

Genoese Pastry

3 oz. plain flour	**3 eggs**
½ teaspoonful baking powder	**2½ oz. butter or margarine**
Salt	**3 oz sugar**

Time: about 20 minutes Temperature Regulo Mark 4; electricity, 350° F; solid fuel, moderate, oil, moderate

Method: Grease a cake tin and line with greased paper Sieve the flour, baking powder and a good pinch of salt together Melt the fat and keep warm. Put the eggs and sugar into a basin, stand the basin on a pan containing hot water, and whip for twenty minutes. Stir in the flour and melted fat, mix lightly and quickly

Pour the mixture into the prepared tin and bake in a moderate oven for about twenty minutes, or until firm to the touch Tin oblong, 10½ in × 7 in × 1 in deep.

Gingerbread

1 oz. almonds, or other nuts (optional)	**4 oz sugar**
	2 eggs
2 oz. raisins, or other dried fruit	**4 oz candied peel (optional)**
	12 oz plain flour
4 oz. butter, or butter and lard, or lard and margarine, or margarine	**¼ teaspoonful salt**
	½ oz. ginger
	A little milk (3–4 tablespoonfuls)
6–8 oz. treacle, or syrup	**¾ teaspoonful bicarbonate of soda**

Time: about 45 minutes–1 hour Temperature Regulo Mark 4, electricity, 350° F, solid fuel, moderate, oil, moderate

Method: Grease a square or circular border baking tin. It should have a rim at least one and a half inches high Blanch the almonds, and shred them Clean the raisins, and halve them Put the fat, treacle and sugar in a basin and place this in the oven to dissolve Beat the eggs in a small basin. Chop the peel finely Sieve the flour, salt and ginger into a bowl Stir in the dissolved warm treacle, fat and sugar Now beat in the eggs Pour a little milk on to the soda and mix to dissolve Add this to the flour mixture Stir in the rest of the ingredients (with the exception of a few shredded nuts) Mix well Sprinkle the remaining nuts at the bottom of the baking tin and pour in the mixture

Bake in a moderate oven for about three-quarters to one hour. Cut up when cold

Ginger Cake

¼ lb. butter or dripping
5 oz. golden syrup or syrup and black treacle mixed
2 eggs
¾ lb. plain flour
2 teaspoonfuls ground ginger
½ teaspoonful baking powder
½ teaspoonful bicarbonate of soda
Pinch of salt
Milk if necessary
2 oz. almonds (optional)

Time: 45 minutes-1 hour. Temperature: Regulo Mark 4; electricity, 350° F.; solid fuel, moderate; oil, moderate

METHOD · Grease a cake tin Cream the fat and syrup together and beat in the eggs Sieve in the flour, ginger, baking powder, bicarbonate and salt. If necessary add a little milk. Mix well, and pour into the prepared cake tin Sprinkle the top, if liked, with blanched and chopped almonds. Bake in a moderate oven for about three-quarters to one hour. Cool on a sieve. Tin diameter, 7½ in. × 4 in. deep

Ginger Date Cake

Add chopped dates to the above mixture



Ginger Date Cake

Griddle Cakes

8 oz. plain flour
½ teaspoonful salt
1 level teaspoonful cream of tartar
½ level teaspoonful bicarbonate of soda
2 tablespoonfuls butter, or butter and lard, or lard and margarine, or margarine
1 egg
1 teacupful milk

Time: about 6 minutes Temperature: low

METHOD: Sift the dry ingredients together. Cut and rub in the fat. Mix to a rather soft consistency with egg and milk. Turn on to floured board. Flatten and cut into rounds or triangles. Sprinkle a little flour on griddle and when it is a biscuit colour place the cakes on griddle. Cook slowly for three minutes. Turn and cook on other side. Cool in a tea towel to keep soft.

Honey Cake

3 oz. butter, or butter and lard, or lard and margarine, or margarine
¼ lb. honey, or golden syrup
3 eggs
½ lb. plain flour
1 teaspoonful baking powder
Salt
Milk

Time: about 1 hour Temperature: Regulo Mark 4, electricity, 350° F., solid fuel, moderate; oil, moderate

METHOD: Line a cake tin with greased paper. Cream the fat until soft and white. Beat in the honey or syrup and eggs. Sieve the flour, baking powder and a pinch of salt into the cake mixture. Add sufficient warm milk to make a soft dropping consistency. Pour into the prepared cake tin, and smooth the top level. Bake for about one hour in a moderate oven. Put on a sieve to cool. Tin diameter 7 in. × 3 in. deep.

Hot Apple Slices

1 lb. plain flour
2 teaspoonfuls baking powder
Salt
4 oz. dripping
4 oz. brown sugar
1 lb. apples
2 eggs
Milk (if necessary)

Time: about 45 minutes Temperature: Regulo Mark 4; electricity, 375° F.; solid fuel, moderate, oil, moderate

METHOD: Grease a Yorkshire pudding tin. Sieve the flour, baking powder and a good pinch of salt into a basin. Rub in the dripping with the tips of the fingers. Add the sugar. Peel and core the apples and chop them finely. Mix them into the flour mixture. Beat the eggs in a basin, and pour into the dry ingredients, mixing well to make into a dough. Use a little milk if

necessary Put into the tin and bake in a moderate oven for about three-quarters of an hour, or until firm to the touch. When done cut into slices, and sprinkle thickly with caster sugar. *Makes about fifteen slices.*

Lemon Cake

4 oz. butter or margarine
½ lb. sugar
3 eggs
3 lemons
8 oz. plain flour } or self-raising flour
1 rounded teaspoonful baking powder }
Pinch of salt
Water icing (page 466)
Angelica, glacé cherries and chopped nuts (optional)

Time about 20–30 minutes. Temperature Regulo Mark 4, electricity, 375° F, solid fuel, moderate, oil, moderate

METHOD Grease a cake tin Cream two ounces of the fat and six ounces of the sugar together until soft. Beat in two eggs, one at a time. Add the juice of two lemons and the grated rind of one Lastly, add the sieved flour, baking powder and salt Mix well together, lightly, and pour into the cake tin Bake in a moderate oven for twenty to thirty minutes Cool on a sieve Put the remaining two ounces of sugar and two ounces of fat, with the juice of one lemon and the grated rind of half, into a saucepan Beat one egg in a basin and add it to the mixture in the saucepan. Stir over a low flame until it is the consistency of thick cream. Turn into a basin to cool. When the cake is quite cold, cut it into three layers. Spread each layer with the lemon mixture and sandwich together Cover the top and sides with lemon-flavoured water icing. When this begins to set, decorate the cake with glacé cherries and pieces of angelica and, if possible, chopped nuts. Allow the icing to become quite set before serving Tin diameter, 7 in × 3 in deep

Lemon Cakes

½ lb. plain flour
1 teaspoonful baking powder
¼ teaspoonful bicarbonate of soda
Pinch of salt
3–4 oz. sugar
2–3 oz. butter, or butter and margarine, or margarine
1 oz. candied peel (optional)
Grated rind of 1 lemon and juice of 1 lemon
1 egg

Time: 20 minutes. Temperature: Regulo Mark 4; electricity, 350° F; solid fuel, moderate; oil, moderate

METHOD: Sift flour, baking powder, bicarbonate, salt and sugar into a bowl Rub in the fat Add the candied peel, if used, and the grated rind of a lemon, and mix with the beaten egg and lemon juice Do not make the mixture too soft. Mix well all together, and place in rough heaps on a greased baking sheet. Bake for twenty minutes in a moderate oven *Makes about one dozen cakes.*



Madeira Cake

Macaroons

½ lb. ground almonds
10–12 oz. caster sugar
3 whites of eggs
Wafer paper
A few whole almonds

Time. 15–25 minutes Temperature Regulo Mark 4, electricity 350° F; solid fuel, moderate; oil, moderate

METHOD: Put the ground almonds and sugar with the broken up but *unbeaten*, whites of eggs, and mix all together thoroughly. Divide into small portions Arrange on wafer paper in round shapes, leaving a space between each Wet the top of each macaroon lightly with cold water to give a glaze and place half of a blanched almond thereon Bake in a very moderate oven for about fifteen to twenty-five minutes, according to size

Madeira Cake

5 oz. butter, or butter and margarine, or margarine
6 oz. sugar
2–4 eggs
½ lb plain flour
1 teaspoonful baking powder
A pinch of salt
1 lemon
A slice of citron peel

Time 1–1¼ hours Temperature: Regulo Mark 4; electricity, 350° F; solid fuel, moderate; oil, moderate

METHOD: It should be a soft mixture. When using less eggs, add a little milk. Line a cake tin with several thicknesses of paper. Cream the fat and sugar together with a wooden spoon until soft and creamy. Beat in the eggs, one at a time. Sieve the flour, baking powder and salt into the mixture, and add the grated lemon rind. Mix well. Turn into the prepared cake tin and bake in a moderate oven for one to one and a quarter hours. When the cake is about half-cooked, place a slice of citron peel on top. When done, remove from the tin, and cool on a wire rack. Tin diameter, 7 in. × 3 in. deep.

Madeleine Cakes

3 eggs
6 oz. sugar
4 oz. butter or margarine
½ lb. plain flour, 1 teaspoonful baking powder (or self-raising flour)
Jam or jelly
Glacé cherries
Pinch of salt
Vanilla essence
Desiccated coconut

Time: about 10–15 minutes. Temperature: Regulo Mark 4; electricity, 375° F.; solid fuel, moderate; oil, moderate.

METHOD: Grease some Madeleine moulds. Stir the eggs into a basin. Add the sugar. Place the basin in a saucepan of hot water, and whisk until thick and creamy. Melt the fat. Sieve the flour and salt. Take the basin containing the eggs from the saucepan. Stir in the flour, baking powder, flavouring and melted fat. Mix well. Fill the moulds three-quarter full, and bake in a moderate oven for about ten minutes, or until firm to the touch. Turn on to a sieve to cool. Brush over with warm jam or jelly and coat with desiccated coconut.

Decorate with a glacé cherry. *Makes about twelve cakes.*

Marmalade Cakes

4 oz. butter or margarine
4 oz. sugar
3 eggs
3 tablespoonfuls marmalade
8 oz. plain flour
½ teaspoonful baking powder
Salt

Time: 15–20 minutes. Temperature: Regulo Mark 4; electricity, 350° F.; solid fuel, moderate; oil, moderate.

METHOD: Grease Queen cake tins, or small, deep individual tins. Cream the fat and sugar together with a wooden spoon. Beat in the eggs, one at a time, beating each one in well before adding the next. Stir in the marmalade. Sieve the flour, baking powder and a pinch of salt. Mix well together. Fill the prepared tins half full. Bake in a moderate oven for fifteen to twenty minutes. Cool on a wire sieve. *Makes about eighteen cakes.*

Mocha Cake

3–4 eggs	Pinch of salt
4 oz. caster sugar	4–6 oz. butter, or butter and margarine, or margarine
4 oz. plain flour	½–¾ lb. icing sugar
½ teaspoonful baking powder	

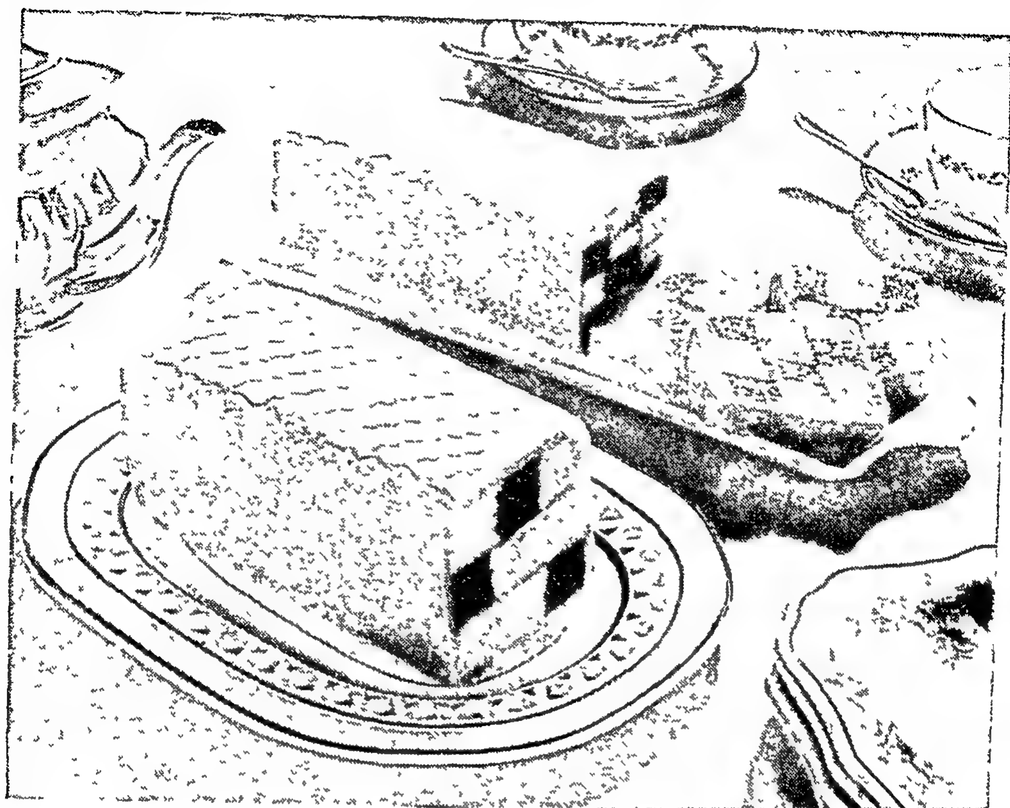
Coffee essence

Time about 30 minutes Temperature Regulo Mark 4, electricity, 375° F., solid fuel, moderate, oil, moderate

METHOD Grease and line a cake tin. Separate the yolks from the egg whites. Add the sugar to the yolks, whisk until creamy. Sieve the flour, baking powder and salt together. Whisk the whites of eggs until they are a stiff froth. Stir the flour and whites of eggs into the sugar mixture, mixing lightly and quickly. Pour this mixture into the cake tin, and bake for about half an hour in a moderate oven. When cooked, turn on to a rack to cool. Sieve the icing sugar into a basin, add the fat and cream them together until soft. Add coffee essence, a few drops at a time, until the icing is the right colour and consistency. Cover the cake with this icing, and when set decorate. Tin diameter, 7 in. × 3 in. deep.



Marmalade Cakes



Mosaic Cake

Mosaic Cake

Genoese pastry (page 437)
1 oz. plain chocolate
A little milk
Cochineal
Apricot jam
Almond icing (page 464)

Time: about 10–15 minutes. Temperature Regulo Mark 4, electricity, 375° F.; solid fuel, moderate, oil, moderate

METHOD: Make the Genoese mixture and divide it into three parts. Melt the grated chocolate in a little milk Stir until it boils, then mix it into one of the parts. Colour the second part pink with a few drops of cochineal. Leave the third part plain. Turn each of these parts into three flat square (7 in. × 1 in. deep) Yorkshire pudding tins, greased and floured. Bake in a moderate oven and, when firm to the touch, turn on to wire racks to cool. When cold, cut the cakes into long strips all the same size. Arrange them alternately on a board or baking sheet, putting them together with a thin coating of apricot jam which, if you wish, has been rubbed through a sieve. Make some almond icing and roll it out very thinly. Spread this over the sides and top of the cake. Turn it upside down and cover the bottom layer in the same way. Let the cake get quite cold and set, then cut it into slices. Each slice will be composed of a white, pink and chocolate square covered at the edges with almond icing.

Oatcakes

½ lb. oatmeal (medium or fine)
¼ lb. plain flour
½ teaspoonful salt
1 teaspoonful sugar
3 oz butter, margarine, lard or dripping

Time. 8–10 minutes. Temperature Regulo Mark 4; electricity, 375° F; solid fuel, moderate, oil, moderate

METHOD · Mix the dry ingredients together in a bowl Melt the fat Mix to a stiff dough with a little warm water. Sprinkle oatmeal on a wooden board Turn out the dough on to this, and knead lightly Roll out to a quarter of an inch thickness Cut into shapes Place on a greased baking sheet, and bake in a moderate oven for eight to ten minutes Serve with small butter rolls made with a kitchen tool sold for this purpose

Orange Cakes

6–8 oz butter, or butter and margarine, or margarine
6–8 oz. sugar
3 eggs
12 oz plain flour
Pinch of salt
1 teaspoonful baking powder
2 oranges

Time 10–15 minutes. Temperature Regulo Mark 4, electricity, 375° F, solid fuel, moderate, oil, moderate



Oatcakes

METHOD: Cream the fat and sugar together until soft. Beat in the eggs, one at a time. Sieve the flour, salt and baking powder into the butter mixture. Mix well, and add the grated rind of two oranges and the juice of one. If the mixture is too stiff, add a little milk, but remember that it should be fairly stiff to keep its shape when put in the oven. Place in greased patty tins and bake in a moderate oven for ten to fifteen minutes. *Makes about two dozen cakes.*

Orange Gateau

3 eggs
2 oranges
¼ lb. sugar
¼ lb. ground almonds, or other nuts
¼ lb. plain flour
½ teaspoonful baking powder
Salt
½ lb. icing sugar
Glacé cherries (optional)
Angelica (optional)

Time. about 1 hour. Temperature: Regulo Mark 4; electricity, 350° F.; solid fuel, slow; oil, slow

METHOD: Grease a cake tin. Separate the yolks from the whites. Grate the rind of the two oranges, and extract the juice of one. Whisk the sugar and yolks of eggs together. Add the ground almonds, the grated orange rind and juice. Sieve in the flour, baking powder and a pinch of salt. Fold in the stiffly beaten whites. Pour into the prepared cake tin, and bake in a rather slow oven for about one hour. Turn on to a sieve, and leave until cold.

Sieve the icing sugar into a bowl and mix heated orange juice into it to make a thick cream. Pour this on the cake and allow it to run over until quite smooth. When the icing is half set, decorate with glacé cherries and pieces of angelica.

Allow the icing to set firmly before serving. Tin diameter, 6½ in. × 3 in. deep.

Orange Slices

Genoese pastry (page 437)
2 oranges
Apricot jam
½ lb. icing sugar
Candied orange peel (optional)

Time: about 15 minutes. Temperature: Regulo Mark 4; electricity, 375° F.; solid fuel, moderate, oil, moderate

METHOD: Make the Genoese pastry, adding it to the grated rind of two oranges. Turn the mixture into an oblong-flat, greased and floured tin. Bake in a moderate oven for about fifteen minutes. When done turn out on to a sieve to cool. Cut in two portions. Spread one of the portions with apricot jam, and place the other on top. Sieve the icing sugar into a basin. Add hot orange juice until it is like thick cream. Pour this over the cake and let it set a little.

Then cut the cake into strips, and decorate each one with candied orange peel cut into fancy shapes. Tin, 10½ in. × 7 in. × 1 in. deep.

Orange Wafers

2 oz. butter or margarine
2 oz. sugar
2 eggs
2 oranges
4 oz. plain flour
¼ teaspoonful baking powder
Pinch of salt

Time: 5–10 minutes. Temperature Regulo Mark 8; electricity, 450° F.; solid fuel, hot, oil, hot

METHOD. Grease a baking tin Cream fat and sugar together. Beat in the eggs, one at a time Add the grated rind of the oranges and about four tablespoonfuls of orange juice Sieve in the flour, baking powder and salt Mix well Put spoonfuls of this mixture on the baking tin, leaving space for spreading, and bake in a hot oven for five to ten minutes, or until the edges turn brown

Petit Fours

Genoese pastry (page 437)
Fondant icing (page 465)
Angelica (optional)
Crystallized flowers, or peel or fondants
Glacé cherries (optional)

Time about 15 minutes Temperature Regulo Mark 4; electricity, 375° F, solid fuel, moderate, oil, moderate

METHOD Make and bake the Genoese pastry as directed Divide into three equal portions Ice one with white fondant icing, one with pink fondant icing, and the third with chocolate When they are firm, cut into diamond shapes Decorate each cake with flowers made of angelica, crystallized violets, lilac or rose leaves, cherries, or any other pretty design Or cut up bought fondants into shapes Oblong tin, 10½ in. × 7 in. × 1 in deep.

Plain Meringues

3 whites of eggs
6 oz. caster sugar
½ pint whipped cream, or other filling

Time: 2 hours upwards Temperature Regulo Mark ¼, electricity, 250° F; solid fuel, cool, oil, cool

METHOD: Grease a baking sheet and cover with paper. Whisk the whites of eggs until very stiff, add half the sugar, whisking well after each addition. Fold in all the sugar lightly Put in a bag with a meringue pipe and force out into shapes on the paper, or shape with two wet spoons. Dust with caster sugar, and put into a cool oven for two hours or longer until sufficiently firm to lift Remove from the paper, scoop out the soft inside, dredge with sugar, and return to the oven to dry Immediately before use, fill with whipped cream *Makes ten to twelve meringues.*

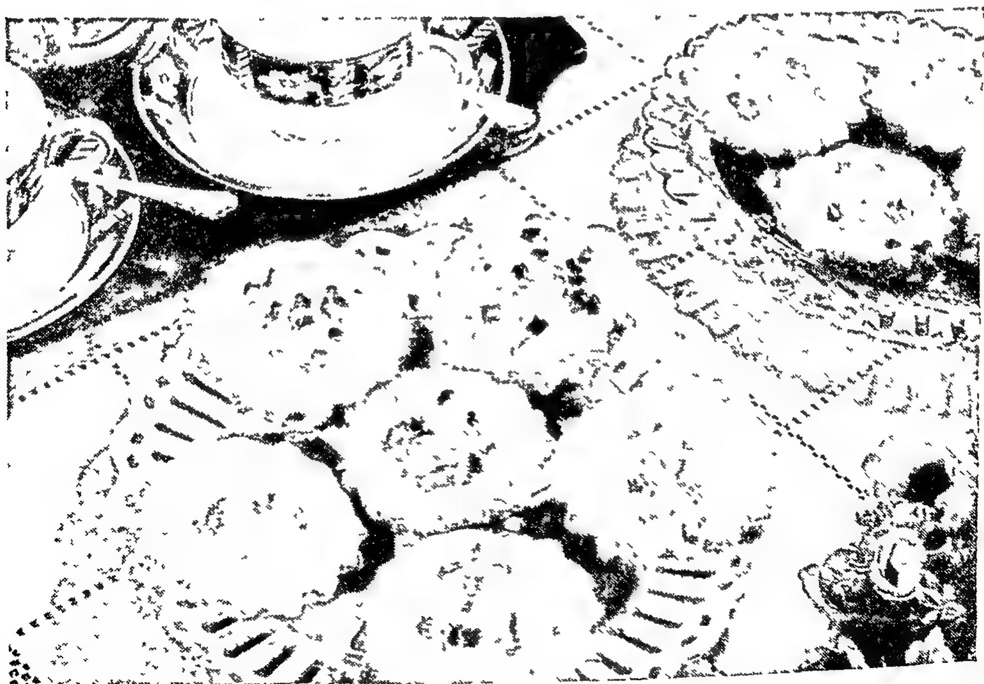
Note If liked, make fancy meringues by tinting with colouring before drying out in the oven If the meringues stick, moisten the paper underneath with water.

Plum Cake

- ½ lb. raisins, or sultanas
- ½ lb. currants or prunes, or other dried fruit
- ¼ lb. mixed peel, or a little lemon and orange rind, grated
- 6 oz. butter, or butter and margarine, or margarine
- 6 oz. brown sugar
- 1 tablespoonful black treacle
- 4 eggs
- 12 oz. plain flour
- Salt
- ¾ teaspoonful bicarbonate of soda
- Milk

Time about 2 hours. Temperature: Regulo Mark 4; electricity, 350° F.; solid fuel, moderate; oil, moderate

METHOD: Line a cake tin with paper. Clean the fruit, where necessary stone and cut in halves. Chop up the mixed peel in fairly small pieces. Cream the fat and sugar together until soft. Add the treacle. Beat in the eggs one at a time. Beat each one in thoroughly before adding the next. Sieve in the flour with a good pinch of salt. Stir in the fruit and peel. Mix thoroughly. Now dissolve the soda in a little milk, and add to the cake mixture. Pour into the prepared cake tin, and bake in a moderate oven for two hours, or until firm to the touch in the middle. Turn out of the tin, remove paper, and put on a wire rack to cool. Tin diameter, 8½ in. × 3½ in. deep. This cake, being a fairly rich mixture, will keep for a long time if stored in an airtight cake-tin.



Queen Cakes

Pound Cake

½ lb. currants, or other dried fruit
½ lb. raisins or other dried fruit
2 oz. mixed peel
½ lb. butter or margarine
½ lb. sugar
4–5 eggs
10 oz. plain flour
¾ teaspoonful baking powder
Salt

Time 1½–2 hours. Temperature Regulo Mark 4, electricity, 350° F., solid fuel, moderately cool, oil, moderately cool

METHOD: Line a cake tin with paper. Clean the fruit, chop the raisins and peel Cream the fat and sugar together with a wooden spoon until soft. Beat in the eggs one at a time Sieve the flour, baking powder and a good pinch of salt into the fat mixture. Stir in the fruit and peel Mix thoroughly, and place in the prepared tin Bake in a moderately cool oven for one and a half to two hours. Tin diameter, 8½ × 3½ in deep.

Queen Cakes

1 oz. candied peel
Rind of 1 lemon
4 oz sultanas
4 oz. butter or margarine
4 oz. sugar
2–3 eggs
6 oz plain flour
½ teaspoonful baking powder
Salt

Time about 15–20 minutes Temperature Regulo Mark 4, electricity, 375° F, solid fuel, moderate, oil, moderate

METHOD. Grease small individual tins Chop the candied peel (if used) and grate the lemon rind, clean the fruit Put the fat and sugar into a basin and cream them together with a wooden spoon until soft Add the eggs, one at a time, beating each in well before adding the next Sieve the flour, baking powder and salt into the egg/sugar mixture. Add the fruit, peel and grated rind Mix all well together Place the mixture into the greased tins, filling them half full

Decorate with candied peel Bake in a moderate oven for about fifteen to twenty minutes *Makes about a dozen cakes.*

Raisin Cakes

1 lb plain flour
1 teaspoonful of bicarbonate of soda
½ teaspoonful baking powder
Pinch of salt
4–6 oz. butter or margarine
4–6 oz. sugar
½ teaspoonful grated nutmeg
½ teaspoonful grated cloves and cinnamon mixed
¼ lb stoned raisins
1 egg
Milk

Time. 10–15 minutes. Temperature. Regulo Mark 8; electricity, 450° F; solid fuel, hot; oil, hot

METHOD. Grease a baking sheet and keep warm on top of the stove. Sieve the flour, bicarbonate of soda, baking powder and salt into a basin. Rub in the fat Add the sugar, grated nutmeg and spices. Chop the raisins finely and mix them in. Beat the egg, and add, with sufficient milk, to make a stiff mixture Turn on to a floured board. Roll out to about a quarter of an inch thick. Cut with a round cutter. Place on the prepared baking sheet, and bake in a quick oven for ten to fifteen minutes *Makes about twenty cakes.*

Raspberry Buns

1¼ lb. plain flour
Salt
6–8 oz. butter, or butter and lard, or lard and margarine, or margarine
6 oz. sugar
3 teaspoonfuls baking powder
2–3 eggs
Milk if necessary
Raspberry jam

Time: about 20 minutes Temperature: Regulo Mark 4; electricity, 350° F., solid fuel, moderate, oil, moderate

METHOD: Mix flour and salt Cut and rub the fat into the flour until it is like fine breadcrumbs Add the sugar and baking powder Beat the eggs and add with sufficient milk to make a stiff dough. Divide into twenty portions Flatten each and place half a teaspoonful of jam in centre; gather the dough round the jam Place on greased tin and bake in moderate oven about twenty minutes. *Makes about twenty buns.*

Rice Cake

4 oz. butter, or butter and lard, or lard and margarine, or margarine
4 oz. sugar
4 oz. rice flour
4 oz. plain flour
1 teaspoonful baking powder
Pinch of salt
2 eggs

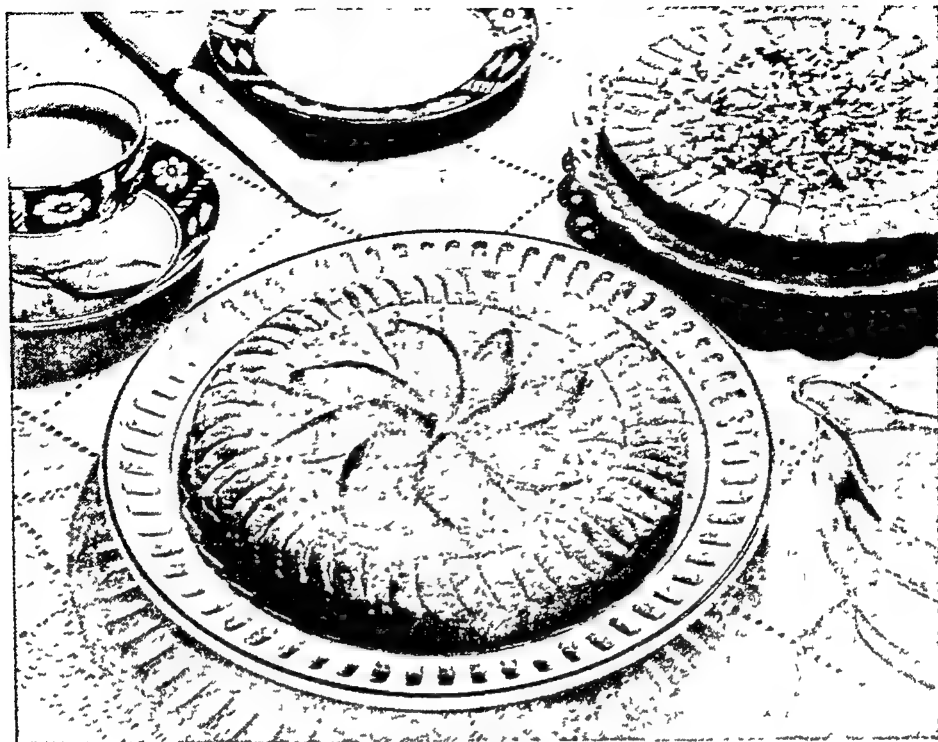
Time: about 45 minutes–1 hour. Temperature: Regulo Mark 4; electricity, 350° F., solid fuel, moderate; oil, moderate

METHOD: Line a cake tin with paper. Cream the fat and sugar together. Sieve the flours, baking powder and salt together Beat into the fat/sugar mixture alternately with the well-beaten eggs. Mix well Turn into the prepared tin and place in a moderate oven for about three-quarters to one hour. Cool on a wire rack. Tin diameter, 7 in. × 3 in deep.

Seed Cake

1 oz. candied lemon peel (optional)
8–10 oz. butter, or butter and lard, or lard and margarine, or margarine
8–10 oz. sugar
2–4 eggs
1 lb. plain flour
1 teaspoonful baking powder, heaped
Salt
½ oz. caraway or coriander seeds
Milk (if necessary)

Time: 1–1½ hours. Temperature: Regulo Mark 4; electricity, 350° F.; solid fuel, moderate; oil, moderate



Shortbread

METHOD. Line a cake tin with paper. Chop the peel, if used. Cream the fat and sugar together until soft and creamy Beat in each egg separately and well Sieve in the flour, baking powder and a pinch of salt Mix thoroughly Add the seeds and peel, and a little milk if necessary Turn into the prepared cake tin, and sprinkle the top with a few seeds. Bake in a moderate oven for one to one and a half hours Tin diameter, 7½ in. × 3 in. deep.

Shortbread

½ lb. plain flour — **3 oz. sugar**
Pinch of salt — **6 oz. butter or margarine**
Candied peel or caraway seeds (optional)

Time: about 30 minutes Temperature. Regulo Mark 4; electricity, 350° F.; solid fuel, moderate; oil, moderate

METHOD: Sieve the flour and salt into a basin and add the sugar Rub in the fat, and knead it with the hand to a dough No water or milk should be used, or it will not be short enough. Turn on to a floured board Roll out about half an inch thick Cut into a round or a square Place on a floured tin, and pinch the edge Prick the centre with a fork Cook slowly in a moderate oven for about thirty minutes The top can be ornamented with candied peel or caraway seeds. Tin diameter, 7½ in × 1 in. deep

Shrewsbury Cakes

¼ lb. butter or margarine
¼ lb. sugar
1 egg
½ lb. plain flour
½ teaspoonful baking powder
Pinch of salt
1 lemon

Time: about 10 minutes. Temperature: Regulo Mark 4; electricity, 350° F.; solid fuel, moderate; oil, moderate

METHOD: Grease a baking sheet. Cream the fat and sugar together, and beat in the egg. Add the sieved flour, baking powder, salt, and the grated rind of a lemon. Mix to a dry dough. Turn on to a floured board and knead a little. Roll out thinly and cut into rounds. Bake on the prepared sheet in a moderate oven for about ten minutes. Cool on a sieve.

Note: If preferred, lemon may be replaced by a pinch of ground cinnamon. *Makes fifteen to twenty, according to thickness.*

Simnel Cake

8 oz. sultanas or other dried fruit
6 oz. currants, or other dried fruit
2 oz. mixed peel, or a little flavouring
1 lb. almond icing (page 464)
8 oz. butter or margarine
8 oz. sugar
4–6 eggs
¾ lb. flour, 1 teaspoonful baking powder (or self-raising flour)
Salt
¼ teaspoonful mixed spice
Glacé cherries and angelica (optional)

Time: about 3¼ hours. Temperature: Regulo Mark 3; electricity, 325° F.; solid fuel, slow; oil, slow

METHOD: Line a cake tin with paper. Clean the fruit. Chop the peel. Make the almond icing. Take some of this, roll it out to the size of the cake tin, having it about three-quarters of an inch thick. But make sure that you have enough left for decorating the rim of the cake later. Cream the fat and sugar together with a wooden spoon until soft. Beat in the eggs, one at a time. Add the sieved flour, baking powder and salt. Add the fruit, peel and spice. Stir all well together. Now put half this mixture into the cake tin. Smooth the surface gently and place the layer of almond icing on top. Fill the tin with the rest of the cake mixture, levelling the top gently. Bake in a slow oven for about three hours. When cake is cooked take from the oven, and arrange a roll of almond icing round the edge, roughing it up with a fork. Return to oven for ten to fifteen minutes. When cold, remove from tin and fill in centre with icing sugar. Tin diameter, 8½ in. × 3½ in. deep.

Small Sponge Cakes

4 oz. sugar
4 oz. plain flour
4 eggs
Pinch of salt

Time: about 15 minutes. Temperature Regulo Mark 4, electricity, 375° F.; solid fuel, moderate; oil, moderate

METHOD: Grease some small sponge cake tins. Dust them with sugar and flour. Put the eggs and sugar into a basin and beat together for fifteen minutes or until the mixture is thick Sieve the flour and salt and fold it lightly into the mixture Three parts fill the prepared tins, and bake in a moderate oven for about fifteen minutes, or until quite firm to the touch. Turn out of the tins on to a sieve to cool *Makes about twelve cakes*

Soda Cake

½ lb currants
3 eggs
1 lb. plain flour
½ teaspoonful baking powder
1 teaspoonful bicarbonate of soda
Pinch of salt
6 oz butter or dripping
6 oz. moist sugar
Milk

Time: 1¼–1½ hours Temperature· Regulo Mark 4; electricity, 350° F.; solid fuel, moderate, oil, moderate

METHOD Grease a cake tin. Clean and prepare the fruit. Whisk the eggs well in a basin Sieve the flour, baking powder, bicarbonate of soda and a good pinch of salt into a bowl Rub in the fat, add the sugar and fruit. Mix well together Stir the eggs into the flour mixture and beat well, adding a little of the milk as required Mix well and quickly. Pour into the prepared tin, and place in a moderate oven immediately Bake for one and a quarter to one and a half hours. If the top of the cake browns too quickly, place a piece of greased paper over it and reduce the heat. Cool on a wire sieve Tin diameter, 7½ in. × 3 in deep.

Soda or Buttermilk Scones

1 lb. plain flour
Good pinch of salt
1 level teaspoonful bicarbonate of soda
1 level teaspoonful cream of tartar
Buttermilk or sour milk

Time about 10 minutes Temperature. moderate

METHOD · Use a hot griddle, or an iron frying pan which has been lightly sprinkled with flour. Sieve the flour and a good pinch of salt into a basin, and add the soda and cream of tartar. Add sufficient buttermilk, or, failing this, sour milk, to make into a very soft paste Turn this on to a well-floured board Roll it out rather less than half an inch thick, and cut into rounds or triangle shapes. Cook these on the griddle or frying pan for about eight to ten minutes, turning them over when half done Cool in a tea towel

Spiced Cake

½ lb. plain flour
1 teaspoonful mixed, powdered spice
1 teaspoonful baking powder
Salt
4 oz. butter, or butter and lard, or lard and margarine, or margarine
4 oz. sugar
2 eggs
A little milk if necessary

Time: ¾–1 hour. Temperature: Regulo Mark 4; electricity, 350° F., solid fuel, moderate; oil, moderate

METHOD: Line a cake tin with paper. Sieve the flour, spice, baking powder and salt into a bowl. Cream the fat and sugar in a basin. Beat the eggs well, and add by degrees alternately with the flour to the sugar/fat mixture. Mix well, adding a little milk if necessary. Pour into the prepared tin and bake in a moderate oven for three-quarters to one hour. Tin diameter, 7 in. × 3 in.

Sponge Cake

4 oz. plain flour
Salt
4 oz. sugar
¼ pint water
4 eggs

Time: about 25–35 minutes. Temperature: Regulo Mark 3; electricity, 320° F.; solid fuel, slow; oil, slow

METHOD: Have ready a well-greased mould sprinkled with caster sugar. Sieve the flour and a pinch of salt into a basin. Put the sugar into a small pan with the water and let it simmer until very sticky. Break the eggs into a basin, and beat for ten minutes. Add the sugar syrup to them slowly, beating vigorously. Fold in the flour very lightly and quickly. Pour this mixture into the mould and bake in a rather slow oven for about twenty-five to thirty-five minutes.

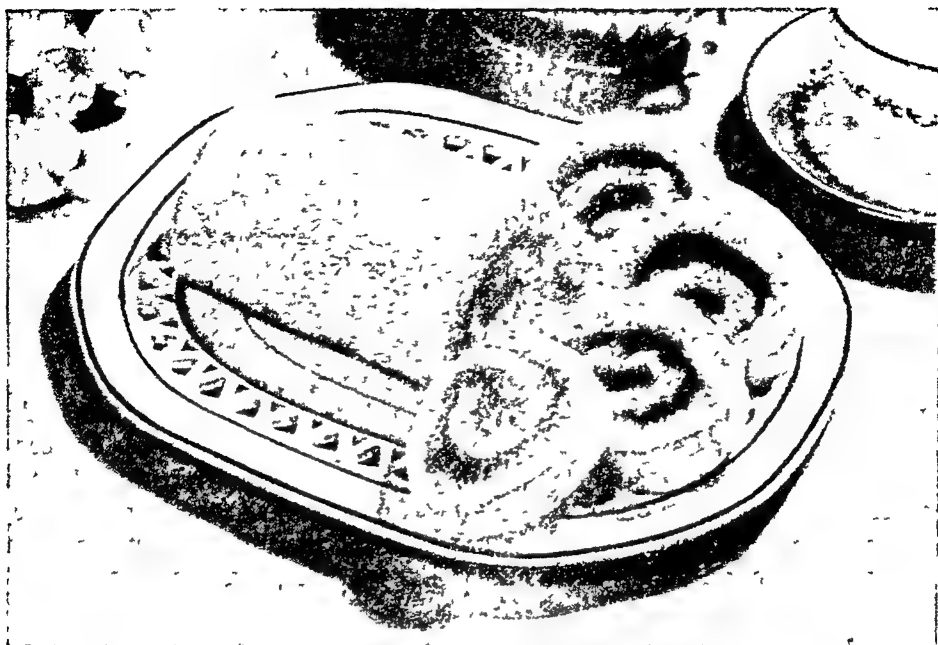
Turn on to a sieve to cool.

Sultana Cake

½ lb. sultanas
2 oz. peel
1 lb. plain flour
1 teaspoonful baking powder
Salt
10 oz. butter or margarine
½ lb. sugar
4 eggs

Time 1½–2 hours. Temperature. Regulo Mark 4; electricity, 375° F.; solid fuel, moderate; oil, moderate

METHOD: Line a cake tin with paper. See that the sultanas are clean and dry, and chop the peel. Sieve the flour, baking powder and a good pinch of salt together. Put the fat and sugar into a bowl and cream them well together with a wooden spoon. Beat up the eggs in a small basin, and add them a



Swiss Roll

little at a time alternately with the flour mixture to the fat/sugar mixture. Mix well, and add the fruit and peel.

Place in the prepared tin, and bake in a moderate oven for one and a half to two hours, lowering the heat after the first twenty minutes. Tin diameter, $8\frac{1}{2}$ in × $3\frac{1}{2}$ in deep

Swiss Roll

3 eggs	**1 level teaspoonful baking powder**
4 oz sugar	**Salt**
4 oz. plain flour	**2 tablespoonfuls milk—or hot water**
	Jam

Time: 7–10 minutes. Temperature: Regulo Mark 8; electricity, 450° F.; solid fuel, hot; oil, hot

METHOD Grease and line with greased paper a large shallow baking tin. Whisk the eggs thoroughly in a basin for about seven minutes. Add the sugar and again whisk until thick and creamy. Sieve in the flour, baking powder and salt. Lastly stir in the milk or water. Pour this mixture into the prepared tin, spreading a little thicker at the sides and corners Put in a hot oven and bake for seven to ten minutes Have ready a piece of white paper sprinkled with sugar, and also some warm jam Turn out the roll on to the sugared paper.

Remove the greased paper in which it has cooked Spread the cake quickly with warm jam. Roll up as quickly as possible. If the cake is left to cool it will harden and crack when rolled Put on a rack to cool.

Tea Cakes (without Yeast)

2 oz. butter, or butter and lard, or lard and margarine, or margarine
2 oz. caster sugar
4 oz. plain flour
½ teaspoonful baking powder
Pinch of salt
Grated rind of ½ lemon, or lemon essence
1 egg
Orange-flower- or rose-water (optional)

Time: 10–20 minutes. Temperature: Regulo Mark 4–5; electricity, 375°–400° F., solid fuel, moderately hot; oil, moderately hot

METHOD Grease a baking sheet Beat the butter, or whatever fat is used, with the sugar until it is soft. Sieve in the flour, baking powder and salt, add lemon rind or essence Beat the egg with the orange-flower- or rose-water, and stir into the mixture. Mix to a smooth paste Turn on to a floured board and roll out about half an inch thick. Cut into small rounds, or squares, and put on to the prepared baking sheet. Bake in a moderately hot oven for ten to twenty minutes. *Makes about nine tea cakes, according to size.*

Treacle Parkin

5 oz. butter (or margarine and lard mixed)
5 oz. treacle
4 oz. brown sugar
Warm milk
½ lb. flour
1 level teaspoonful ground ginger
½ teaspoonful ground cinnamon
½ lb. medium oatmeal
1 egg
1 level teaspoonful bicarbonate of soda

Time: 1¼–1½ hours. Temperature: Regulo Mark 2; electricity, 300°. F., solid fuel, low; oil, low

METHOD: Have ready greased baking tin Put fat, treacle, sugar and about two tablespoonfuls milk in saucepan over low heat to melt and blend. Sieve flour and spices and mix with oatmeal in a bowl. Stir in the blended syrup mixture and beaten egg. Now add bicarbonate of soda dissolved in a further two tablespoonfuls warm milk and mix well. If necessary, add a little extra warmed milk to make a stiff batter consistency. Pour into prepared tin and put into oven straight away. When cool, keep in a tin for a day or so before eating. Tin size, 11½ in. × 9 in. × 2 in.

Victoria Sandwich

4 oz. butter or margarine
4 oz. caster sugar
2 eggs
A little milk if needed
Jam
Caster sugar
4 oz. self-raising flour or 4 oz. plain flour and ½ teaspoonful baking powder

Time: about 30 minutes. Temperature: Regulo Mark 4; electricity, 375° F.; solid fuel, moderate; oil, moderate

METHOD: Grease and flour two sandwich tins or one large tin. Cream the butter and sugar together until light and fluffy. Add the beaten eggs gradually,



Victoria Sandwich

beating well Sieve the flour and fold carefully into the mixture, adding a little milk if necessary to give a soft dropping consistency. Spoon into the tin, or tins, bake in a moderate oven for about thirty minutes Turn on to a cake rack to cool If one large cake is made, split and spread with warmed jam If there are two cakes, spread the warmed jam on one, and put the other on top Dust the cake with caster sugar.

Two tins, diameter 6 in. × 1 in. deep, or one tin 8 in. × 2 in. deep.

Walnut Cake

4 oz. butter or margarine	**Pinch of salt**
4 oz sugar	**3 oz walnuts or other nuts**
3 eggs	**Vanilla flavouring**
6 oz plain flour	**Water icing (page 466)**
1 teaspoonful baking powder	**Angelica (optional)**

Time. 30–40 minutes Temperature Regulo Mark 4; electricity, 375° F, solid fuel, moderate, oil, moderate

METHOD. Line a cake tin with paper Cream the fat and sugar together until they are soft Beat in the eggs, one at a time Sieve the flour, baking powder and a pinch of salt together, and fold lightly into the mixture Chop the walnuts and add these with a few drops of vanilla Mix well, and turn into the cake tin Bake in a moderate oven for about thirty to forty minutes When cold, cover with a layer of vanilla-flavoured water icing, and decorate with halves of walnuts and diamond shapes of angelica. Tin diameter, 7 in. × 3 in. deep.

Wedding Cake

½ lb. muscatel raisins
1 lb. sultanas
3 lb. currants
6 oz. cherries
6 oz. mixed peel
½ lb. almonds, or other nuts, plus a little almond essence
2 lb. butter, or butter and lard, or lard and margarine, or margarine
2 lb. sugar
12 eggs
1 tablespoonful black treacle
1 wineglassful brandy
2 lb. plain flour
Salt
½ oz. mixed spice
Almond icing (page 464)
Icing (page 465), preferably Royal icing

Time: 5–6½ hours. Temperature: Regulo Mark 3–½; electricity, 325°–275° F.; solid fuel, slow to very slow; oil, slow to very slow

METHOD: Line a large cake tin with several thicknesses of paper. Stone the muscatel raisins. Clean the fruit and chop the peel finely. Blanch and chop the almonds. Put the fat and sugar into a large bowl and cream together until soft. Add the eggs, one at a time, with the treacle and brandy, and beat each one in for a few minutes before adding the next. Add the sieved flour, a good pinch of salt, and the spice. Stir in the fruit and peel. Turn the mixture into the prepared tin, and bake at Regulo Mark 3 in a gas oven and 325° F. in an electric oven (slow for solid fuel and oil) for thirty minutes, then Regulo Mark ½ or electricity 275° F. (very slow for solid fuel and oil) for five to six hours. When done the cake should be firm to the touch in the middle and slightly shrunk from sides of tin. Turn on to a wire rack.

When cold brush over top with a little apricot jam, cover the top with a thick layer of almond icing. Allow to stand at least twenty-four hours. Mask with a layer of Royal icing. When this has set, decorate as wished with Royal icing through a forcing-bag and pipes. When thoroughly set, the cake is ready for use. (This cake is better for keeping. Store in a tin before covering with almond icing.)

If you bake the cake mixture in two tins, one smaller than the other, you can easily build up the well-known shape which is the "crowning glory" of the feast. You can either put the small cake on top of the larger one, and then ice and decorate it, or, if you can get the proper rods, fit the smaller cake on to them to make tiers. Diameter, two tins, large, 10½ in. × 4 in. deep, smaller, 7 in. × 3 in. deep.

Christening Cake

A christening cake can be made from the above mixture, or, alternatively, from any of the recipes for fruit cakes such as Genoa cake or Plum cake. At one time the top tier of a wedding cake was put into a tin and carefully stored for this happy occasion, but only a very rich mixture will keep for any length of time. Pretty decorations like the ones in the picture can be obtained easily, and they make an inexpensive cake look most attractive.



Christening Cake made from the top tier of a Wedding Cake

Lardy Scones

Good pinch of salt
½ lb. self-raising flour
¼ lb lard
1 dessertspoonful sugar
Milk to mix

Time: 15 minutes. Temperature: Regulo Mark 8, electricity, 450° F; Solid fuel, fairly hot; oil, fairly hot

METHOD: Add the salt to the flour and mix well, rub in the lard as you would in making pastry. Stir in the sugar and mix to a soft dough with milk. Roll out half an inch thick. Cut into cakes with a wineglass, and bake about fifteen minutes in a fairly hot oven. Split, butter, and serve hot.

Wholemeal Scones

¾ lb wholemeal flour
4 oz. white flour
Salt
2 teaspoonfuls baking powder
3 oz. butter, or butter and lard, or lard and margarine, or margarine
Milk

Time: 8–10 minutes. Temperature: Regulo Mark 8; electricity, 450° F; solid fuel, hot; oil, hot

METHOD: Have ready a floured baking sheet. Put the wholemeal and white flour into a bowl with a little salt and the baking powder. Rub in the fat with the tips of the fingers. Make into a soft dough with the milk. Turn on to a floured board and roll out rather thinly. Cut with a round or oval cutter. Place on the baking sheet, and bake in a hot oven for eight to ten minutes.

Assorted Biscuits

BISCUITS ARE easy to make at home and they come in handy to eke out cake supplies if an unexpected guest drops in to tea. To keep them crisp, biscuits must be kept in an airtight container.

Arrowroot Biscuits

¼ lb. arrowroot

Pinch of salt	**2 oz. butter or margarine**
¼ lb. plain flour	**2 oz. sugar**
½ teaspoonful baking powder	**Milk**

Time: about 15 minutes. Temperature: Regulo Mark 4; electricity, 350° F; solid fuel, slow; oil, slow

METHOD: Sieve the arrowroot, salt, flour and baking powder. Rub in the fat. Add the sugar and mix to a dough with milk. Turn on to a floured board and roll out thinly. Prick all over with a fork. Cut into rounds or oblongs. Place on a floured tin, and bake in a slow oven until light brown.

Cool on a sieve and, when quite cold, store in a tin.

Chocolate Sandwich Biscuits

3 oz. plain flour	**1 oz. sugar**
¼ teaspoonful baking powder	**1 egg, fresh or reconstituted**
Pinch of salt	**Chocolate icing (page 464)**
2 oz. butter or margarine	**Chocolate butter icing (page 464)**

Time: about 10 minutes. Temperature: Regulo Mark 4; electricity, 375° F.; solid fuel, moderate; oil, moderate

METHOD: Sieve the flour, baking powder and salt, and rub in the fat Add the sugar, and bind with the beaten egg and a little water, if necessary, to a stiff paste Roll out half an inch thick Prick and cut into ovals.

Bake in a moderate oven for about ten minutes Cool on a sieve

Coat half the biscuits with chocolate icing, and the rest with chocolate butter icing, and sandwich in pairs.

Cinnamon Biscuits

3½ oz. plain flour	**2 oz. butter, or lard, or margarine, or mixed**
½ teaspoonful ground cinnamon	**½ an egg, fresh or reconstituted, or milk**
¼ teaspoonful baking powder	**Jam**
Pinch of salt	
2 oz. sugar	

Icing sugar (optional)

Time: about 15 minutes. Temperature: Regulo Mark 4; electricity, 350° F.; solid fuel, moderate, oil, moderate

METHOD: Mix the dry ingredients together. Rub in the fat and mix to a firm paste with the egg or milk. Roll out thinly and cut into rounds Place on a greased and floured baking sheet, and bake in a moderate oven for about fifteen minutes When cool, sandwich together with jam, and sprinkle with icing sugar

Ginger Biscuits

4 oz. butter, or butter and lard, or lard and margarine, or margarine
4 oz sugar
1 egg
8 oz plain flour
1 teaspoonful baking powder
Pinch of salt
1 teaspoonful ground ginger

Time: about 15–20 minutes. Temperature: Regulo Mark 4; electricity, 375° F.; solid fuel, moderate; oil, moderate

METHOD: Grease a baking sheet Beat the fat and sugar until creamy and soft Beat in the egg Stir in the sieved flour, baking powder, salt and ginger. Mix all well together to a dough

Roll out on a floured board to an eighth of an inch thick, cut into shapes, and prick with a fork Place on the prepared baking sheet and bake in a moderate oven until brown and firm

Ginger Snaps

1 oz. butter or margarine
¼ lb. golden syrup
¼ lb. plain flour
1 teaspoonful ground ginger
Pinch of salt
½ oz. sugar
¼ teaspoonful bicarbonate of soda
A little milk

Time: about 15 minutes Temperature. Regulo Mark 4; electricity, 375° F.; solid fuel, moderate, oil, moderate

METHOD: Grease and flour a baking sheet Melt the fat and syrup together. Sieve the flour, ginger and salt into a basin Add the sugar. Stir in the melted fat and syrup Add the soda dissolved in a little milk

Turn on to a floured board and roll out thinly Cut into rounds and bake in a moderate oven for about fifteen minutes. Cool on a sieve

Lady's Finger Biscuits

¼ lb. plain flour
2 oz. butter or margarine
2 oz. sugar
Salt
Essence of lemon
Milk

Time: about 10 minutes. Temperature Regulo Mark 8; electricity, 450° F.; solid fuel, hot; oil, hot

METHOD: Sieve the flour and rub in the fat. Add the sugar, salt and a few drops of lemon essence. Mix to a dough with milk. Put into a cloth and let it stand for half an hour before using. Then turn on to a board, and beat with the hand until it is perfectly smooth. Fill the mixture into the hollows of a lady's finger biscuit tin

Bake in a hot oven until light brown. Remove from the tin, and place on a sieve to dry in a warm place

Lemon Biscuits

½ lb. plain flour
½ teaspoonful baking powder
Pinch of salt
¼ lb. sugar
1 lemon
3 oz. butter or margarine
2 eggs
Milk if necessary
2 oz. currants

Time: about 20 minutes Temperature: Regulo Mark 4; electricity, 350° F.; solid fuel, moderate; oil, moderate

METHOD: Sieve the flour, baking powder and salt into a bowl. Add the sugar and the grated rind of a lemon. Rub in the fat Separate the yolks from the whites of eggs, and beat the yolks briskly. Stir these into the flour mixture, adding a little milk if necessary Add the currants.

Whisk the whites of eggs to a stiff froth, and stir these in.

Drop spoonfuls of the mixture at intervals on a greased and floured baking sheet Bake in a moderate oven for about twenty minutes. Cool the biscuits on a wire sieve.

Oatmeal Biscuits

2 oz. plain flour
8 oz. fine oatmeal
Pinch of salt
3 oz. butter, or butter and lard, or lard and margarine, or margarine
2 oz. sugar
1 egg to mix
¼ teaspoonful bicarbonate of soda
A little milk

Time: about 15 minutes. Temperature: Regulo Mark 4; electricity, 375° F; solid fuel, moderate; oil, moderate

METHOD: Grease a baking tin Put the flour, oatmeal and salt into a basin, rub in the fat, and add the sugar. Beat the egg in a small basin, and add to mixture Add bicarbonate of soda dissolved in a little milk Mix thoroughly to a stiff dough Turn on to a floured board, and roll out thinly. Cut into rounds with a pastry cutter Lay these on the prepared tin, prick with a fork, and bake in a moderate oven for about fifteen minutes They should be a pale brown colour, and crisp.

Cool on a sieve.



Oatmeal Biscuits

Wafer Biscuits

½ lb. plain flour	**2 oz. butter or margarine**
1 teaspoonful baking powder	**2 oz. sugar**
Salt	**Water**

Time: about 5 minutes Temperature: Regulo Mark 4; electricity, 350° F; solid fuel, moderate, oil, moderate

METHOD Sieve the flour, baking powder and a pinch of salt into a bowl Rub in the fat lightly Add the sugar. Mix with the water to a paste.

Turn on to a floured board and knead for a few minutes Roll out very thinly. Cut into rounds, and bake, on a flat, greased baking tin, in a moderate oven for about five minutes Leave on tin to cool

When cold store in an airtight tin

Water Biscuits

½ lb. plain flour	**1 saltspoonful salt**
½ teaspoonful baking powder	**1½–2 oz butter or margarine**

Water

Time: 10–12 minutes Temperature Regulo Mark 4, electricity, 350° F; solid fuel, moderate, oil, moderate

METHOD Sieve the flour, baking powder and salt into a basin. Rub in the fat lightly. Mix with enough water to make a smooth paste. Turn on to a floured board and knead until smooth Roll out very thinly Cut into rounds Prick with a fork, and place on a floured baking sheet

Bake in a moderate oven until crisp Cool on a sieve

Icings

NOTHING GIVES a cake a more "partyish" air than icing. Even a very plain sponge cake for a children's party can be disguised by a colourful icing and a few decorations. "How to Ice a Cake," pages 214, 215 of the Principles of Cookery, will show you how to tackle the job in a business-like way.

Almond Icing

8 oz. icing sugar
6–8 oz. ground almonds
1 egg
Juice of ½ lemon
1 teaspoonful vanilla essence

METHOD: Sieve the icing sugar, add the ground almonds, and mix well. Make a well in the centre, and mix to a stiff paste with the well-beaten egg, lemon juice, and essence Dredge a board with icing sugar, turn the paste on to it and knead well

Butter Icing

4 oz. unsalted butter or margarine
8 oz. icing sugar
1 teaspoonful essence to flavour

METHOD: Beat the butter (or margarine) with the sieved icing sugar until it is creamy. Add the essence and mix thoroughly. Use as desired

Chocolate Icing

3 oz. plain chocolate
2–4 tablespoonfuls water
½ lb. icing sugar

METHOD. Melt the chocolate in the water over a low flame. Stir with a wooden spoon until quite dissolved. Pass the sugar through a fine sieve and put with the chocolate mixture in the saucepan. Stir well, but do not let it boil. Use as required while warm.

Chocolate Butter Icing

1½ oz. plain chocolate
3½ oz. unsalted butter or margarine
5–6 oz. icing sugar

METHOD: Put the chocolate into a basin in a warm place until it is soft Cream the butter or margarine in a basin, and gradually beat in the sieved icing sugar. Beat until white and soft Beat in the soft chocolate and use as desired, either sandwiched between a cake or on top.

Coffee Butter Icing

8 oz. icing sugar
4 oz unsalted butter or margarine
Coffee essence

METHOD: Sieve the icing sugar and cream it with the fat until soft. Add coffee essence by degrees until the right colour and consistency is obtained Beat well until thoroughly blended.

Cooked Marzipan

1 lb loaf sugar
¼ pint water
Good pinch of cream of tartar
¾ lb. ground almonds
Pinch of salt
2 egg whites

METHOD Put the sugar and water into a saucepan and stir over a gentle heat until sugar has dissolved. Add the cream of tartar Bring to the boil and skim well. Cover the pan and boil until the steam puffs out (about five minutes) Continue boiling without the lid, to a temperature of 245° F Add the ground almonds and salt, and cook slowly, still stirring, for five minutes. Remove from the heat and when cooled slightly add the egg white, unbeaten Stir over gentle heat until mixture leaves the sides of the pan Turn the paste on to a well-greased slab and kneed until soft and pliable. It is now ready for use in any recipe.

Cream and Butter Icing

2 oz. butter or margarine
1½ oz. flour
Barely 1 teacupful milk
Pinch of salt
Sugar
1 egg yolk
4 tablespoonfuls cream or top milk
Vanilla or rum essence

Time: about 15 minutes Temperature low

METHOD Melt the butter or margarine in a saucepan Stir in the flour, then add the cold milk gradually Add the salt and cook for a few minutes Cool the mixture slightly, stirring frequently Add the sugar and eggs. Thicken over a very low flame without boiling Add cream (or top of milk) and flavouring Use when cooled as an economical cake filling

Fondant Icing

3 tablespoonfuls water
6 oz. granulated sugar
Pinch of cream of tartar
A few drops of flavouring
1 white of egg

Time about 15 minutes Temperature low

METHOD: A thermometer is really necessary for this type of icing Put the water into a saucepan, and brush round the sides of the saucepan with water. Add the sugar and cream of tartar, and put on a low heat to dissolve.

When the sugar is quite dissolved, bring to boiling point, and boil without stirring for three minutes or until a thread is formed (255°–260° F.). Flavour as desired. Leave this to cool slightly while you beat the egg white stiffly. Pour the cooled sugar over the egg white in a thin stream. Beat until it begins to thicken, and then pour quickly over the cake or cakes.

Royal Icing

1 lb. icing sugar | **2 whites of eggs** | **Juice of lemon**

METHOD: Pass the icing sugar through a hair sieve. Add the whipped whites of eggs and the juice of a lemon gradually. Work together with a wooden spoon until of a thick creamy consistency. Beat for fifteen minutes until it is smooth and light. It should not fall from the spoon when lifted.

Transparent Water Icing

1 lb. granulated or loaf sugar | **½ pint water** | **A little lemon juice**

Time: about 25 minutes. Temperature: low

METHOD: Put the sugar into a saucepan, add the water, and put on a low flame until the sugar is dissolved. Then boil for about fifteen minutes until it becomes a thick syrup.

Pour into a basin and add a few drops of lemon juice. Beat with a wooden spoon until nearly cold. Use for icing cakes before it is quite cold.

Note: If a thermometer is used—and this is desirable—heat sugar syrup to 229° F.

Water Icing

The usual instructions for icings give a certain quantity of water to be used with a certain quantity of icing sugar. In the following recipe you will find no mention of the measure of water to be used. Even when it seems impossible to beat in any more sugar you should carry on trying. Only when really necessary add more water—and then only a few drops at a time.

½ lb. icing sugar | **Water (boiling)** | **Flavouring**

METHOD: Pass the icing sugar through a sieve into a bowl and gradually add sufficient boiling water to make a thin paste. Beat until smooth and glossy and flavour as required with essence. Pour over the cake and leave to set. Orange or lemon juice can be used instead of water, and flavouring omitted. To make coffee-flavoured icing for a Mocha cake, mix the sugar with hot, very strong coffee instead of boiling water.

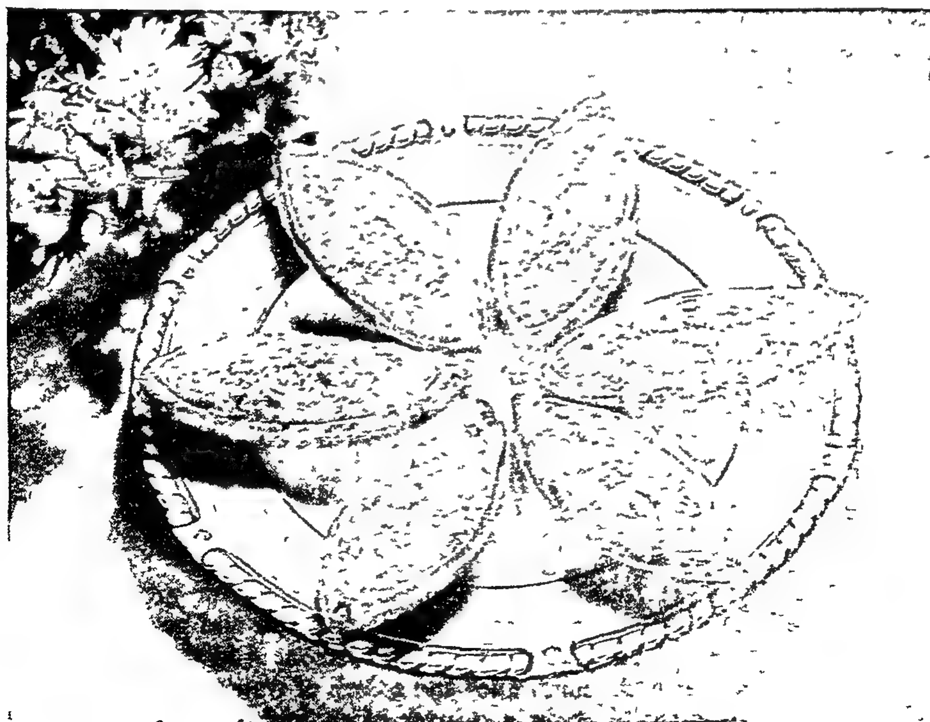
Pastry Making

A "LIGHT HAND" with pastry is coveted by all cooks, both experienced and inexperienced. This is not an art inborn, but one to be acquired by careful application to the basic rules These are to be found on page 182 of the Principles of Cookery.

Almond Cheesecakes

¼ lb. ground almonds, or any other kind of nuts
¼ lb. caster sugar
Almond essence
Vanilla essence
2 oz butter or margarine
2–3 eggs
Puff or short pastry (pages 186, 182), about ¾ lb

Time: about 20 minutes
Temperature. Regulo Mark 8; electricity, 450° F.; solid fuel, hot; oil, hot



Almond Cheesecakes

METHOD · Mix the ground almonds and sugar together in a basin. Add a few drops of almond essence and half a teaspoonful of vanilla essence Melt the butter or margarine and stir into the almond mixture. Beat the eggs and stir these in

Roll out the pastry Line boat-shaped (or round) patty tins with it. Fill with the almond cheesecake mixture, and sprinkle with chopped nuts. Bake in a hot oven for about twenty minutes

Bakewell Tart

2 oz. butter or margarine
2 oz. caster sugar
1 egg
3 tablespoonfuls bread or cake crumbs
2 oz. ground almonds
Almond essence
A little milk

Alternative filling ·
6–8 oz. almond icing (page 464)
Jam

Short pastry (page 182), ½ lb.

Time. about 30 minutes. Temperature Regulo Mark 6; electricity, 400° F; solid fuel, hot; oil, hot

METHOD · Beat the butter, or margarine, and sugar to a cream. Add the egg and beat well Add the bread or cake crumbs, ground almonds and essence to flavour, and mix all together with a little milk to moisten The mixture should not be too stiff.

Alternatively, make the almond icing.

Roll out the pastry and line a pie plate or sandwich tin. Spread with jam. Fill with the mixture. Bake in a hot oven for about thirty minutes Sprinkle with caster sugar.

Banbury Cakes

4 oz. sultanas
4 oz. currants
2 oz. candied peel (optional) or grated fresh peel
4 oz. butter or margarine
2 oz. caster sugar
½ teaspoonful mixed spice
1 lemon
4 oz. cake crumbs
Flaky or puff pastry (page 186), ¾ lb.

Time: about 20 minutes Temperature: Regulo Mark 6; electricity, 400° F.; solid fuel, hot, oil, hot

METHOD: Clean the fruit, removing the stalks. Chop or grate the peel. Cream the butter and sugar together Mix in the fruit and peel Stir in the spice and ginger and the grated rind of one lemon. Add the cake crumbs, and mix all together with lemon juice and a dash of water.

Roll out the pastry to about a quarter of an inch thick Cut into oval shapes about four inches by three inches Place some of the mixture on each

piece of pastry, and bring the two edges together in the centre, press to seal and flatten each end. Turn the cakes over and flatten with the hand Make two small cuts across the top of each one, and dredge with caster sugar. Bake in a hot oven for about twenty minutes When done, put on a sieve to cool.

Cherry Tartlets

Short pastry (page 182) **Ripe eating cherries**
Red-currant jelly

Time: 15 minutes. Temperature: Regulo Mark 6; electricity, 400° F.; solid fuel, hot, oil, hot

METHOD · Line as many patty tins as required with short pastry Place bits of greased paper with a small crust on each tartlet Bake in a hot oven for ten minutes Remove the paper and crusts and cook a further five minutes. Remove from the tins

Fill each one with fresh ripe stoned cherries Melt a little red-currant jelly in a small saucepan over gentle heat, just until soft enough to pour, and pour this over the cherries



Cherry Tartlets

Custard Tart

Short pastry (page 182), about ½ lb.
1 tablespoonful jam
¾ pint milk
2 eggs
3 dessertspoonfuls sugar
1 teaspoonful butter
Nutmeg to taste, or vanilla essence or pod

Time. about 40–45 minutes Temperature · Regulo Mark 6, electricity, 400° F., solid fuel, hot, oil, hot

METHOD · Line a tin with pastry, decorating the edges Put a piece of greased paper in the centre, with a few haricot beans or crusts to weigh it down and prevent the pastry rising Bake in a hot oven for ten minutes Take out of oven and spread a thin layer of any kind of dark-coloured jam on the bottom

Warm the milk. Beat the eggs and sugar together. Pour the warmed milk on to the egg mixture, stirring carefully while pouring Pour this into the partially-cooked pastry, add the butter cut into shavings or little pieces, and grate a little nutmeg over the top, if the flavour of nutmeg is liked. If preferred a drop or two of vanilla essence may be used instead of nutmeg This should be added to the milk or a vanilla pod can be used while the milk is being warmed.



Custard Tart

Put the tart back into a low oven, and bake until the custard is set, about thirty to thirty-five minutes

Note: The layer of jam may be omitted if preferred.

Fig Tart

¾ lb. dried figs | **A nut of butter or margarine**
Sugar (optional) | **Lemon flavouring**
About 12 oz. puff or short pastry (pages 186, 182)
A little caster sugar

Time: 30–40 minutes. Temperature: Regulo Mark 8, electricity, 450° F; solid fuel, hot, oil, hot

METHOD Cut the figs in pieces and put in a saucepan with a little water to stew gently until quite soft. When cooled, add sugar if required a nut of butter or margarine, and lemon flavouring

Roll out the pastry and line a pie plate or sandwich tin. Fill up with the fig mixture, and cover with pastry. Make two cuts in the top crust to allow the steam to escape.

Bake in a hot oven lowered to moderate after a quarter of an hour, for about thirty to forty minutes. Dredge with caster sugar.

Fruit Tart

Short pastry (page 182), about ½ lb.
A little beaten egg
A little caster sugar
1 lb. sweetened stewed or tinned fruit
Arrowroot or cornflour

Time: 15–20 minutes. Temperature: Regulo Mark 6; electricity, 400° F, solid fuel, hot; oil, hot

METHOD: Take a fireproof plate or sandwich tin. Roll out the pastry a little larger than the plate or tin. Lay it on and trim off the edges. Prick the centre all over with a fork to prevent it rising. Roll out the scraps and cut into small leaves. Brush the rim of the pastry with beaten egg and decorate with the leaves, pressing well down to secure. Brush over with beaten egg and dredge with caster sugar.

Cut a round of greased paper to fit the centre of the tart and place it over the pastry, with a few haricot beans or crusts on top to prevent it rising.

Put into a hot oven and when the pastry begins to brown remove the paper and beans or crusts to allow it to dry off in the centre. Remove from the oven when sufficiently baked

Stew the fruit carefully with sugar so that it is not broken. Then strain off the syrup. If necessary, cut the fruit into neat pieces. Measure the syrup, bring it to boiling point and thicken with blended arrowroot or cornflour in the proportion of one teaspoonful to half a pint of fruit syrup. Allow to cool. Arrange fruit neatly in tart case. Pour syrup over. Serve cold.

Fruit Turnovers

Stewed fruit
Short or rough puff pastry (pages 182, 183)
A little caster sugar

Time: 15 minutes. Temperature: Regulo Mark 6; electricity, 400° F.; solid fuel, hot; oil, hot

METHOD: Roll the pastry out thinly and cut into rounds. Damp the edges of each round Put a little stewed sweetened fruit in the centre of each Fold the pastry over, pressing the edges together.

Put on a baking sheet, and bake in a hot oven for fifteen minutes

Dredge with caster sugar. Serve hot or cold.

Jam Puffs

Puff pastry (page 186) **Jam**

Time: about 20 minutes Temperature: Regulo Mark 8; electricity, 450° F; solid fuel, hot; oil, hot

METHOD: Roll the pastry out to a quarter of an inch thickness Stamp into rounds or cut into squares. Spread a little jam on half the pastry, wet the edges, and turn the other half right over. Press the edges neatly together Place the puffs on a baking sheet. Bake in a hot oven for about twenty minutes

Jam Tart

Short pastry (page 182), about ½ lb. **Jam**

Time. about 15–20 minutes. Temperature: Regulo Mark 8; electricity, 450° F; solid fuel, hot; oil, hot

METHOD. Line a fireproof plate or tin with pastry, trimming the moistened edges with small cuttings of pastry Roll out the rest of the pastry into long strips, flour them, twist them into crossbars and place on the pastry Prick the bottom to prevent rising (*a*) Fill with jam and bake in a hot oven until done; or (*b*) have some jam ready heated in a saucepan Bake the pastry on its own, then fill the tart with the jam. Serve hot or cold; or (*c*) if the tart is to be served cold, it will not be necessary to heat the jam unless it is too stiff to spread easily

Lemon Tartlets

2 oz. sugar
1 lemon
2 oz. butter or margarine
2 eggs
Short or puff pastry (pages 182, 186), about ½ lb.

Time. about 20 minutes. Temperature: Regulo Mark 6–8; electricity, 400°–450° F, solid fuel, hot; oil, hot

METHOD Put the sugar and grated lemon rind into a saucepan Strain the lemon juice over this Dissolve over gentle heat, add the butter or margarine and, lastly, the well-beaten eggs Stir over heat for one minute

Roll out the pastry and line patty tins with it Three-parts fill them with the lemon mixture. Bake in a hot oven for about twenty minutes.

Macaroon Tartlets

½ lb. short pastry (page 182)

For the filling
¾ oz. flour
4 oz. caster sugar
½ teaspoonful baking powder
4 oz. ground almonds
1 egg
2 tablespoonfuls milk
Jam

Time about 20–30 minutes. Temperature· Regulo Mark 5–6, electricity, 370°–400° F, solid fuel, moderate, oil, moderate

METHOD: Roll out the pastry and line patty tins, pricking the bottom of each with a fork to prevent rising.

Mix the flour, sugar, almonds and baking powder together Beat the egg and stir into the mixture Add the milk Mix all well together. Put a little jam at the bottom of each patty tin, and cover with the macaroon mixture

Bake in a moderate oven for about twenty to thirty minutes.

Maids of Honour

4 oz curd·
1 quart fresh milk
1 good tablespoonful rennet
1 egg
2 oz caster sugar
1 oz. melted butter
½ lb. puff pastry (page 186)
Raspberry jam

Time· about 30 minutes Temperature Regulo Mark 6, electricity, 400° F, solid fuel, moderate, oil, moderate

TO MAKE THE CURD Warm the milk just to blood heat, add the rennet and leave it to set (15–20 minutes) It should set solid Turn the curd into a piece of double thickness butter-muslin, and very gently squeeze out as much of the moisture as possible. Then rub strained curd through a wire sieve It should be very dry

"Cottage cheese" made at home from sour milk, or bought from a dairy, makes an excellent substitute It must be squeezed dry and sieved in the same way as the curd Lactic cheese will not give good results

METHOD Put the dry, sieved curd into a basin and to it add the well-beaten egg, the sugar and the melted butter Mix together very thoroughly. Roll out the pastry thinly and line deep patty-pans (2½ in diameter), thumb out the pastry at the base, and put in a little raspberry jam. Half-fill the lined patty pans with the curd mixture and bake for about 30 minutes in a moderately hot oven, until the tops are firm and golden brown The curd will sink a little when cold. *(Makes about eighteen cakes)*

Mincemeat

2 lb. cooking apples (after peeling)
1 lb. raisins (stoned)
1 lb. sultanas
1 lb. currants
¾ lb. mixed peel
1 lb. suet
1 lb. caster sugar
The grated rinds of 2 lemons
Juice of 3 lemons
1 nutmeg (grated)
Brandy, whisky or rum

METHOD: Wash the apples and core them

Put all the fruit (except a few currants), peel and suet through a mincing machine—or chop together as finely as possible. The texture will be slightly different; this is a matter of taste

Stir in the sugar, grated lemon rind and the juice, and the grated nutmeg Sprinkle in the few whole currants, and add the brandy, whisky or rum. Mix thoroughly Put into pots and cover closely. If a smaller quantity of mincemeat is required, use half or quarter of the above ingredients. However, if you do this, be sure that you halve or quarter *all* ingredients proportionately. The above quantities make about eight pounds of mincemeat



Open Mincemeat Tart



Mince Pies

Mince Pies

Rough puff or short pastry (pages 183, 182)
Mincemeat

Time 20–30 minutes. Temperature Regulo Mark 6, electricity, 400° F; solid fuel, hot; oil, hot

METHOD Roll the pastry out thinly. Line some patty tins with it and then fill with mincemeat Place a round of pastry on top, and seal the edges Make a cut in the top of each one, and brush with beaten egg Bake in a hot oven for twenty to thirty minutes Dredge with caster sugar To make a large, open tart, line a tart plate with pastry and fill with mincemeat, and decorate

Spiced Apple Tart

For Filling

$1\frac{1}{2}$ lb. apples
$\frac{1}{2}$ oz butter or margarine
1 teaspoonful cinnamon
3 oz. sugar

For Tart

8 oz. flour and pinch of salt
4 oz. butter or margarine,
1 teaspoonful cinnamon
1 oz. caster sugar
Yolk of 1 egg Water to bind

Time: about 30 minutes. Temperature Regulo Mark 6; electricity, 400° F; solid fuel, hot, oil, hot



Spiced Apple Tart

METHOD: Peel, core and cut the apples in slices and stew until tender with the butter and a very little water Add the cinnamon and sugar and cool.

Sieve the flour and salt into a bowl. Rub in the fat. Add cinnamon and sugar. Mix with the egg, add water if necessary to give a very stiff paste. Turn on to a floured board and knead slightly. Divide in half. Roll one half to fit the shallow fireproof pie-dish you are using. Fill to the top with the cold apple mixture, and place the other half of pastry, rolled to fit, on top. Trim the edges and decorate. Make two small cuts in the upper crust to allow the steam to escape

Bake in a hot oven for ten minutes, then reduce the heat to cook the tart more slowly, about thirty minutes. When done, sprinkle the top with caster sugar mixed with cinnamon. Serve hot or cold.

Treacle Tart

Short pastry (page 182), ½ lb.
Golden syrup
Breadcrumbs
Grated lemon rind, or lemon essence
A pinch of ground ginger

Time. about 25 minutes Temperature: Regulo Mark 6; electricity, 400° F.; solid fuel, moderate; oil, moderate

METHOD: Roll out the pastry and line a plate or tin with it. Ornament the sides with cuts in the pastry. Pour some golden syrup on to the pastry and

sprinkle with breadcrumbs and grated rind of lemon and ginger If using essence, stir it into the golden syrup. Roll pastry trimmings into long strips, twist these, and place across the tart

Bake in a moderate oven until the pastry is golden colour.

Serve hot or cold.

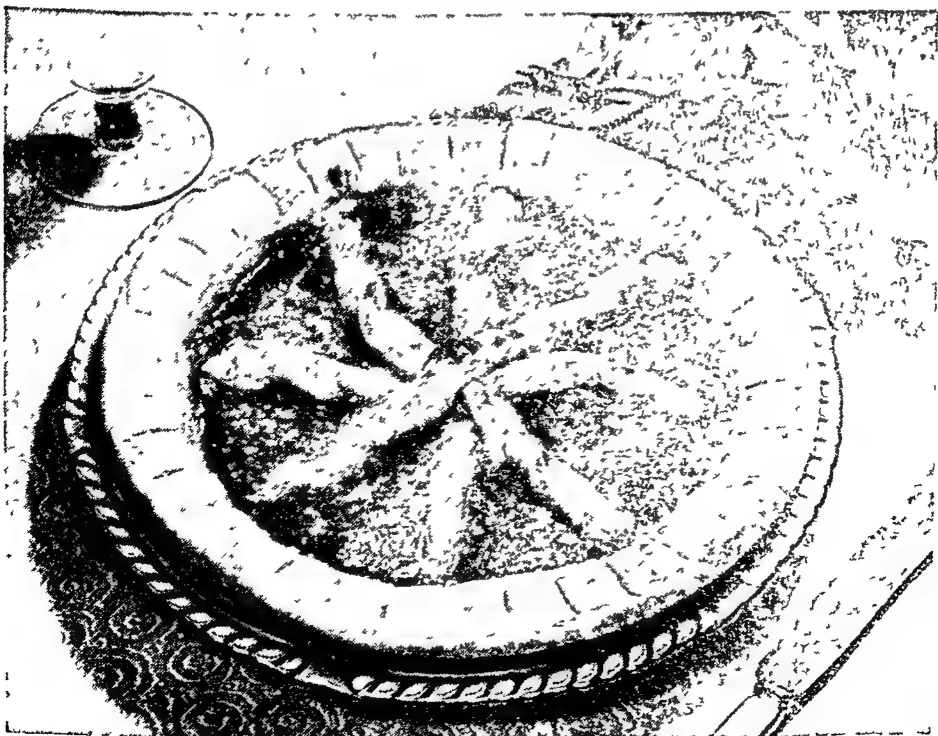
Vanilla Slices

Puff pastry, made with 6 oz. flour (page 186)
Confectioner's custard (page 376)
Water icing (page 466)

Time: about 20 minutes. Temperature Regulo Mark 8, electricity, 450° F, solid fuel, hot, oil, hot

METHOD: Make the pastry and roll it out about a quarter of an inch thick Divide it into two equal portions Lay the pastry on a tin Mark into two-and-a-half-inch squares. Bake in a hot oven until well risen and with the under side cooked

Cut pastry into squares When cold, sandwich two pieces of pastry together with custard piled as high as possible between them Then coat each slice with icing.



Treacle Tart



Preserves

HOME-MADE PRESERVES are a welcome addition to the store cupboard and help to add a little brightness to winter menus. Much useful information about preserving is given in the Principles of Cookery, beginning on page 143. It would be as well to study this before embarking upon the recipes that follow, for, although preserving is not difficult, the margin between success and failure often rests upon rigid attention to details of such things as cooking times and quantities Haphazard preserving may result in wasted materials and labour, and give much disappointment.

Chutney, Sauces and Pickles

Apple Chutney

12 large sour apples	½ lb. sugar
8 oz. onions	1 oz. ground ginger
1 quart vinegar	1 oz. salt
2 oz. mustard seed	½ oz. garlic
4 oz. raisins	4 tamarinds (optional)

Little cayenne

Time: about 1½ hours. Temperature: moderate

METHOD: Peel the apples and onions, and chop finely. Put them in the vinegar and simmer until soft. Wash the mustard seeds in vinegar and dry them in a cool oven Stone the raisins, then chop them finely.

Add the other ingredients and simmer all until a thick consistency is obtained.

Bottle when cool and cover.

Bengal Chutney

15 large, sour apples
¼ lb onions
1 oz. garlic
3 pints vinegar
1 oz. mustard seed
1 oz. ground ginger
1 teaspoonful cayenne pepper
½ lb stoned raisins
1 lb. sugar
½ tablespoonful salt (level)

Time about 45 minutes Temperature low

METHOD. Prepare and chop the apples, onions and garlic Cook them until pulpy with the vinegar and spices Add the other ingredients and simmer until a syrupy consistency is obtained.

Pour into jars and seal.

This chutney will keep for two or three years and improves with keeping.

Gooseberry Chutney

1 lb. green gooseberries
1 lb. rhubarb
1 quart vinegar
1 lb. sultanas
2 lb. sugar (brown preferably)
Little cayenne
½ oz ground ginger

Time about 1¼ hours Temperature: moderate

METHOD: Top and tail the gooseberries and strip the rhubarb Chop finely Put them in the vinegar and cook until quite soft.

Chop the sultanas finely and add them with the sugar, cayenne and ginger and mix well together.

Cook slowly until a thick consistency, bottle and cover.

Green Tomato Chutney

2 lb. green tomatoes
1 lb. apples
½ lb. onions
1 oz. salt
¼ lb. raisins or sultanas
1 quart vinegar
½ oz. root ginger
1 tablespoonful pickling spice
½–¾ lb. sugar

Time. about 45 minutes. Temperature: low

Note: The tomatoes should weigh 2 lb. after peeling, and the apples 1 lb after preparation. Tie the spices in muslin.

METHOD: Remove the skins from the tomatoes after dipping in boiling water.

Peel and core the apples. Chop them coarsely. Peel the onions and slice them

Mix all the ingredients together except the sugar in a pan and drop in the bag of spices. Bring to the boil Simmer gently, uncovered, until the pulp is tender Add the sugar and boil until a syrupy consistency

Remove the spices Pour into a pot and cover at once.

Marrow Chutney

3 lb. marrow
Salt
12 peppercorns
¼ oz. bruised ginger
Cinnamon and allspice (optional)
½ lb. shallots
½ lb. green apples
½ lb. sultanas
1½ pints vinegar
8 oz. sugar

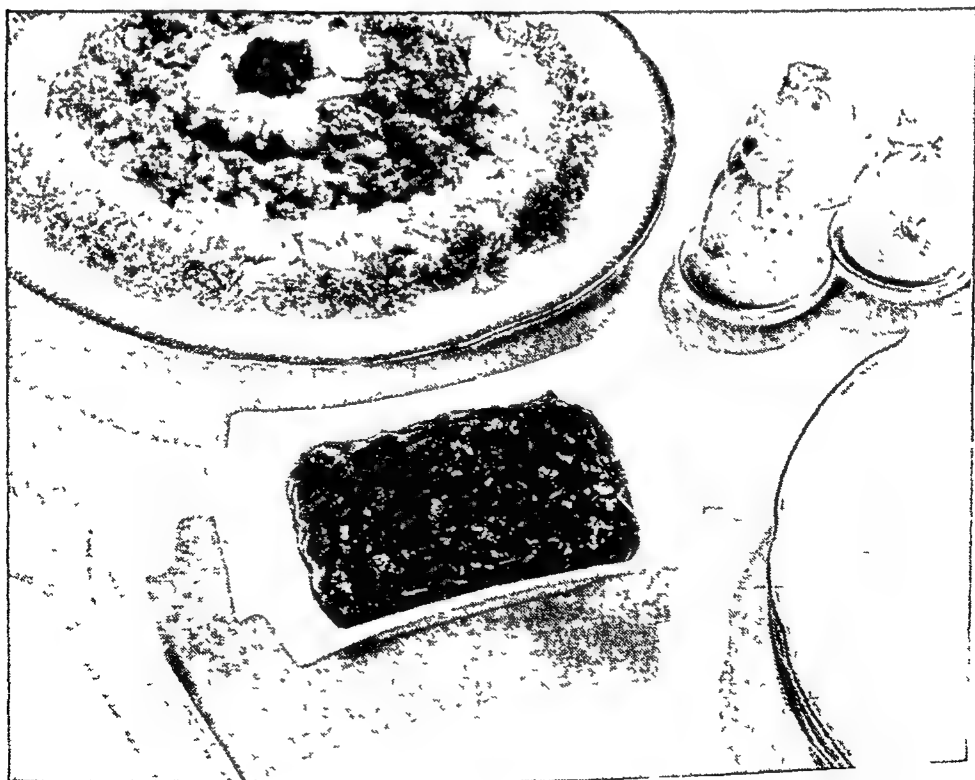
Time about 45 minutes. Temperature low

METHOD · Cut up the marrow and put it into a basin.

Sprinkle two teaspoonfuls of salt over it and leave for twelve hours.

Drain well and rinse Tie the peppercorns and ginger—and the cinnamon and allspice if used—in a muslin bag Peel the shallots and apples and chop them finely Place all the ingredients except sugar in a saucepan and bring them slowly to the boil Allow to simmer gently until almost cooked, add the sugar and boil until a syrupy consistency.

Remove the bag of spices Pour the mixture into a jar and cover.



Sweet Chutney with Curry and Rice

Red Tomato Chutney

4 lb. red tomatoes
½ lb. shallots
1 oz mustard seed
½ oz. allspice
½ lb. sugar
1 oz. salt
½ teaspoonful pepper
1 pint vinegar

Time: about 1¼ hours. Temperature · low

Method : Put the tomatoes in boiling water and leave for a minute or two. Take them out and plunge them into cold water. Lift out immediately and peel. Place them in a pan.

Prepare the shallots and mince (or chop) finely Put them in the pan with the tomatoes Add the mustard seed and the allspice, tied together in a muslin bag Boil all together for half to three-quarters of an hour. Add the sugar, salt, pepper and vinegar to the mixture and continue to simmer until the chutney becomes thick

Remove the spices. Pour into jars and cover immediately

Sweet Chutney

3 lb. apples
1 lb. onions
1 lb. dates, stoned and chopped
1 quart vinegar
½ oz ground ginger
Pinch cayenne pepper
A few cloves
8 oz. sugar

Time. about 45 minutes; Temperature · low

Method : Peel, core and chop the apples Peel the onions and chop finely. Put all the ingredients except sugar together in a pan and simmer until tender.

Add the sugar and continue simmering until a syrupy consistency is obtained Pour into jars and cover

Bottled Sauces

A few bottled sauces are always useful and they help to fill the store cupboard

Beet Relish

1 quart cooked beetroot (chopped)
1 quart chopped uncooked cabbage
1 cupful grated horseradish
½ lb. sugar
Pinch of cayenne
1 saltspoonful white pepper
½ tablespoonful mustard
1 teaspoonful salt
1 pint vinegar

Time 45 minutes Temperature. moderate

Method Mix all the ingredients well together. Put into a pan and cook for three-quarters of an hour. Put into jars and cover closely An excellent sauce to serve with fish

Mushroom Ketchup

Mushrooms
Salt
Jamaica pepper
Black pepper
Mace

Time: about $1\frac{1}{4}$ hours. Temperature: low

Note Ketchup should be made only from fresh mushrooms gathered during dry weather. Otherwise it will not keep.

METHOD . Remove any decay, dirt, or worm-eaten portions from the mushrooms Slice about half an inch from the end of each stalk Break the rest into small pieces

Put into an earthenware jar and sprinkle generously with salt About two gallons of mushrooms require about three-quarters of a pound of salt There should be a thickish layer over the top when left Allow to remain like this overnight.

Next day, stir gently with a wooden spoon. Do this two or three times during the day Leave for another two days, applying the same stirring Now put the mushrooms into a cool oven for half an hour.

Take from the oven and strain through a cloth Do not squeeze the mushrooms. Boil the extracted liquid for a quarter of an hour Add the peppers and the mace—about a quart of liquid requires a quarter of an ounce each of the peppers and two blades of mace. Continue to boil until the quantity is reduced by about one-half. Pour it out and leave to stand until cool Put it into bottles, pouring it gently so as not to disturb the sediment which may have settled at the bottom of the container from which you pour.

Cover the bottles and keep in a cool, dry place.

Rhubarb Sauce

3 lb. rhubarb
$\frac{1}{2}$ lb. onions
$\frac{3}{4}$ pint vinegar
1 oz. salt
6 cloves
Pinch cayenne pepper
1 lb. sugar
2 teaspoonfuls mustard
2 teaspoonfuls turmeric

Time. about $1\frac{1}{2}$ hours. Temperature: low

METHOD : Strip the rhubarb and cut as for stewing. Peel the onions and cut up. Pour the vinegar into a pan and add the salt, cloves and pepper, onions and rhubarb. Bring to the boil and simmer very gently for about one hour

Press the mixture through a sieve and return the extract to the pan. Add the sugar and bring again to the boil. Mix the two teaspoonfuls of mustard into a smooth paste with a little vinegar, then add the paste to the mixture in the pan. Add the turmeric. Boil all together very gently for about half an hour—or until thick. Leave to cool, then bottle and cork tightly.

Tomato Sauce

4 lb. red tomatoes
6 oz. sugar
½ pint spiced vinegar
½ oz. salt
Pinch of cayenne pepper
¼ teaspoonful paprika pepper

Time about 1 hour Temperature · low

METHOD: Wash the tomatoes and cut into small pieces Put them into a pan over a very low heat, stirring all the time until they are liquid. Allow to simmer until reduced to a thick pulp.

Rub through a sieve Return the pulp to the pan and add the sugar, vinegar and seasonings Continue to boil, stirring all the time, until smooth and creamy.

Pour into bottles, cork immediately and seal.

Pickles

Home-made pickles cost much less than the bought variety and they are easy to make See the recipes which follow. Vegetables for pickling should be perfectly sound and as fresh as possible

Spiced Vinegar for Pickling

¼ oz blade mace
¼ oz. allspice
¼ oz cloves
¼ oz. stick of cinnamon
6 peppercorns
1 quart vinegar

Time about 5 minutes Temperature · low

METHOD: Tie all the spices in a muslin bag Put the vinegar into a saucepan and lower the bag into it Cover the pan and bring the vinegar slowly to the boil Simmer for a few minutes.

Remove the pan from the flame and leave to stand for two hours Lift out the spices The vinegar is ready for immediate use if required.

Piccalilli

3 lb. green tomatoes
¼ cabbage
1 cauliflower
2 cucumbers
1 lb onions
Salt
1 quart vinegar
8 oz. sugar
½ oz turmeric
1 oz. mustard
1 teaspoonful mustard seed
1 teaspoonful peppercorns

Time · about 5 minutes. Temperature · low

METHOD The tomatoes, cabbage, cauliflower, cucumbers and onions should be well cleaned and cut up into very small pieces Put a layer of the mixed vegetables in a basin and sprinkle it with a generous covering of salt Another layer of the vegetables, a covering of salt—and so on until they are quite used up. Leave to stand overnight

Drain the vegetables thoroughly. Put the vinegar, sugar, turmeric and mustard into a pan, tie the mustard-seed and peppercorns in muslin and put into the pan, then bring to the boil Add the drained vegetables and allow them to heat through without boiling Take out the spices.

Pour into jars. Seal and store for about a month before using.

Pickled Beetroot

Beetroot **Spiced vinegar (page 483)** **Salt**

Time: 1½–2 hours. Temperature: Regulo Mark 4; electricity, 350° F., solid fuel, moderate, oil, moderate

METHOD · Cook the beetroot first. To do this, bake in a moderate oven for about one and a half to two hours Allow to cool.

Skin the beet and cut into fairly small pieces Pack into jars as closely as possible Pour hot spiced vinegar over and cover the jars closely. The addition of salt—about one ounce to each pint of vinegar—is an improvement

Pickled Cucumbers

Cucumbers
Brine (1 lb. salt to ½ gal water)
Spiced vinegar (page 483)

METHOD: Strip the cucumbers very thinly Cut them down the centres from top to bottom and then cut each half down again—thus quartering the whole Slice each quarter into half-inch slices

Soak the slices in the brine for twenty-four hours

Drain thoroughly, then pack tightly into jars Pour hot spiced vinegar to cover. Seal as usual.

Pickled Green Cabbage

1 large cabbage
4 large onions
Salt
3 pints vinegar
1 cupful plain flour
2 cupfuls sugar
2 teaspooonfuls curry powder
2 tablespoonfuls mustard

Time · 25–30 minutes Temperature low

METHOD · Clean the cabbage and cut it up very finely Peel and cut up the onions also as finely as possible Sprinkle them with salt and leave for twenty-four hours

Drain them thoroughly and then put them into one quart of the vinegar. Bring to the boil, and allow to boil slowly for twenty minutes

Mix the flour, sugar, curry powder and mustard together and add the remaining pint of vinegar gradually, mixing into a smooth cream Pour it over the cabbage and continue to boil all together for another five minutes.

Pour into bottles while still hot and leave to get quite cold Cover and tie down closely.

Pickled Onions

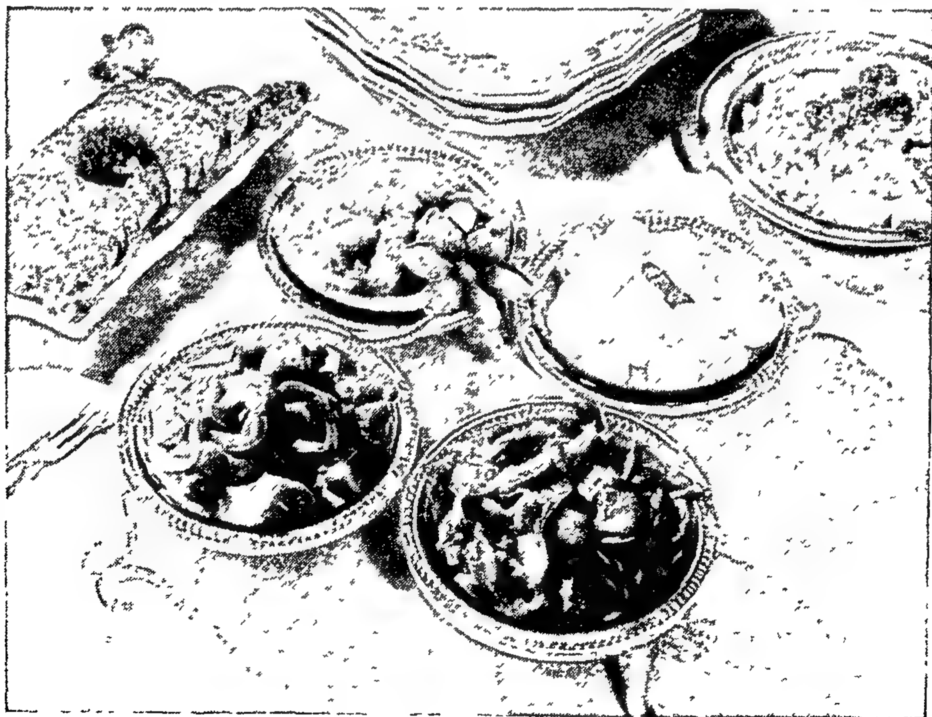
2 quarts onions	**½ oz. of mixed allspice**
½ cupful salt	**Cloves and peppercorns**
½ cupful sugar	**1 quart pure malt vinegar**

Time about 10 minutes, Temperature low

METHOD . Peel the onions and put them into a basin Sprinkle with salt and leave to stand overnight

Rinse them thoroughly and dry as well as possible Put the sugar, salt, spices and vinegar into a pan and bring to the boil Simmer for five minutes, then toss in the onions and boil briskly for a minute or two

Put into bottles or jars Fill up with vinegar right to the tops When cold, cover closely



A variety of Pickles



Pickled Walnuts

Pickled Red Cabbage

Red cabbage **Salt** **Spiced vinegar (page 483)**

METHOD: Remove the outer leaves of the cabbage and shred the cabbage finely. Wash thoroughly. Put the shreds into a deep bowl and sprinkle with layers of dry salt. Leave for twenty-four hours.

Drain thoroughly. Pour hot spiced vinegar over and leave for a further twenty-four hours. Stir at intervals Pack into jars and cover.

Pickled Walnuts

Walnuts (green) **Brine (1 lb. salt to 1 gal. water)**
Spiced vinegar (page 483)

METHOD: Wipe the walnuts. Choose only those which are soft—test by pricking and remove any which feel very hard Cover them with brine and leave for eight days

Drain and throw away the brine. Cover the nuts with fresh brine for re-soaking another fourteen days

Drain, wash and then dry well and spread the nuts out and leave until exposure to the air turns them black. This should take about one day

Drop the blackened walnuts into jars, and pour hot spiced vinegar over them to the top. When cold, seal the jars. Allow five to six weeks for maturing before use.

Jams

(See page 153, Principles of Cookery)

Apple Ginger Jam

4 lb. sugar	**4 lb. sour cooking apples**
3 pints water	**2 oz. root ginger, crushed**

Time: about 45 minutes Temperature: low to moderate

METHOD: Boil the sugar and water together to become thick and syrupy. Peel, core and cut the apples into thin slices, add these and the ginger tied in muslin and boil in the syrup until transparent. Remove ginger Bottle and seal.

Blackberry Jam

½ teaspoonful tartaric acid	**2½ lb. blackberries**
¼ pint water	**2½ lb. sugar**

Time: about 45 minutes Temperature: low to moderate

METHOD. Dissolve the acid in a quarter of a pint of water. Select only the firmest blackberries for jam-making. Pick them over and wash well.

Pour the dissolved tartaric acid into a preserving pan, and add the fruit Simmer gently until the fruit is cooked, stirring frequently.

Add the sugar and stir until dissolved. Bring to the boil again and boil briskly for about ten to fifteen minutes. Test for setting.

Black-currant Jam

4 lb. black currants	**4 pints water**	**8 lb. sugar**

Time. about 50 minutes. Temperature: low to moderate

METHOD: Pick over the fruit, removing all stalks. Wash the fruit thoroughly Put it, with the water, into a pan and bring to the boil. Simmer gently until tender. The black-currant skins may be tough, so make sure the fruit is thoroughly cooked.

Add the sugar and stir until dissolved. Boil briskly until the jam sets when tested on a cold plate (ten to twenty minutes).

Pour into pots and cover immediately.

Damson Cheese

Damson plums	**Caster sugar—6 oz. to each 1 lb. fruit**

Time: 2—2½ hours. Temperature: low

METHOD: Put the fruit into a casserole Cover and bake in a cool oven until the damsons are tender Drain off all the juice.

Skin and stone the fruit. Put into a preserving pan Pour over them nearly half the juice from the casserole and boil until they become a thick, dry paste.

Add sugar—six ounces to one pound of fruit—and stir continuously over the flame until dissolved and the fruit presses away dry from the sides of the pan.

Heap into small jars or moulds, filling them tightly. Leave to become cold Seal with paper tops stretched across and store.

This damson cheese should keep for months.

Damson Jam

3 lb. damsons **1 pint water** **3 lb. sugar**

Time: about 45 minutes Temperature · low to moderate

METHOD: Wash the fruit Put it in the water and bring to the boil. Simmer until the fruit is cooked Add the sugar and stir until dissolved. Boil quickly. Remove the damson stones as they rise.

Test for setting. Pot and cover.

Dried Apricot Jam

1 lb. dried apricots **1 lemon**
3 pints water **2½–3 lb. sugar**

Time about 1½ hours Temperature: low to moderate

Note · If you have no lemon, its equivalent in lemon substitute or half a teaspoonful of citric or tartaric acid should be used.

METHOD. The fruit should be washed thoroughly When rinsed clean, put into a basin and pour the water over. Cover. Allow to soak for twenty-four hours If desired the fruit can be cut into thin slices with scissors

Put the apricots and the water in which they have soaked into a pan and add the lemon juice (or substitute or acid) Bring to the boil and simmer gently for three-quarters of an hour Stir at intervals

Add the sugar and stir until it dissolves Stir constantly once the sugar has been added Continue to boil until the jam sets when tested on a cold plate

Pour into jam pots and seal immediately.

Gooseberry Jam

3 lb gooseberries (just under-ripe) **1 pint water** **3 lb. sugar**

Time · about 45 minutes Temperature. low to moderate

METHOD. Top and tail the fruit and rinse well. Put into the pan with the water and bring very slowly to the boil. Mash the fruit as it softens. Cook until the fruit is quite pulpy.

Add the sugar, stirring until it is dissolved. Continue to boil rapidly for about fifteen minutes. Test for setting When it sets, pot and cover as usual.

Grapefruit Marmalade

1 grapefruit **1 orange** **1 lemon**
Sugar (1 lb. to each pint of pulp)

Time: about $1\frac{3}{4}$ hours. Temperature: low to moderate

METHOD: Put the grapefruit, orange and lemon in a pan and just cover with cold water Bring to the boil and boil until the fruit feels tender when prodded with a fork Leave in the water overnight.

Remove the fruit from the water—setting the latter aside for use later. Halve each fruit and squeeze out the juice into a bowl. Remove all the pips. Slice up the squeezed grapefruit, orange and lemon very thinly, and add the slices to the juice

Measure one pint of the water in which the fruit was boiled and put it into a pan Add the whole of the collected fruit and juices Bring to the boil and boil for an hour. Add the sugar, allowing one pound to each pint of pulp Continue to boil until it sets when tested. Pour into jars and tie down when cool.

Greengage Jam

4 lb. greengages **1 pint water** **4 lb. sugar**

Time about 45 minutes–1 hour. Temperature: low to moderate

METHOD: Wash the greengages and cut in half to remove the stones. Split stones and remove kernels Put them with the fruit into a pan with the water. Bring to the boil, and simmer until the greengages are tender. This should take about forty minutes Add the sugar, stirring until dissolved, and bring again to the boil. Boil rapidly for fifteen minutes, then test for setting. Pot and cover.

Lemon Curd

4 oz. sugar **1 lemon** **1 egg**
1 oz. warmed butter (or margarine)

Time. about 45 minutes Temperature: low

METHOD: Use a double saucepan—or a basin or saucepan which will fit into a large one containing boiling water

Put the sugar into the small saucepan or basin. Grate the lemon rind into it, then squeeze the juice into it. Stir the egg slightly. Add it and the butter or margarine.

Keep the basin or small saucepan in gently boiling water until the mixture thickens Stir continually. This curd is ready when it has the consistency of custard sauce.



A Lattice Tart of Greengage Jam and Marrow Jam

Lemon Marmalade

2 large lemons | **2 pints water**
Rinds of 2 sweet oranges (optional) | **2 lb. sugar**

Time. about 2 hours. Temperature low to moderate

METHOD: Rinse and wipe the fruit clean. Slice the lemons (and orange rind if used) thinly. Put them into a pan with the water and bring to the boil covered Simmer for about one to one and a half hours, when the fruit should be quite tender After the boiling the pulp should measure two pints—add water if necessary to reach this amount

Add the sugar and dissolve thoroughly Bring again to the boil and boil briskly until the setting test is successful.

Pot and cover immediately.

Marrow Jam

6 lb. marrow (peeled and cut up) | **3 oz. dried root ginger**
Rind and juice of 4 lemons | **6 lb. sugar**
3 pints water

Time · 1¼ hours Temperature low to moderate

Note · The lemon juice and ginger are necessary to make the jam "set." If unobtainable, use some fruit with the marrow to provide pectin. Crab apples for preference 3 lb marrow and 3 lb. crab apples

METHOD Cube the peeled marrow Put into a colander over a pan of boiling water Steam until almost tender Grate the lemon rind Add this with the lemon juice. Put the ginger in a piece of paper, and beat it with a weight. When thoroughly bruised, add it to the marrow (As it has to be removed after cooking, it should be dropped into the mixture in a small muslin bag) Boil the sugar and water for seven minutes. Pour over the marrow and leave overnight.

Pour into a preserving pan and bring slowly to the boil. Cook until the marrow is transparent and the syrup is thick.

Orange Marmalade

2 lb. Seville oranges	**6 pints water**
1 lemon, or ½ teaspoonful citric acid	**4 lb. sugar**

Time: about 1½–1¾ hours. Temperature: low to moderate

METHOD: Rinse the fruit until clean and wipe dry. Cut each orange and the lemon if used in half and take out the pips. Tie the pips in a muslin bag

Cut the fruit into slices and put them into the water in a preserving pan. Add the citric acid (if used), juice and the bag of pips, and stand overnight—



Grapefruit and Orange Marmalade

the next day simmer slowly for about one hour or until the rinds are tender.

Remove the pips Add the sugar, stirring until dissolved, then boil briskly until the marmalade sets when tested on a cold plate (about fifteen minutes).

Pot and cover immediately.

Plum Jam

4 lb. plums **1¼ pints water** **4 lb. sugar**

Time: about 45 minutes. Temperature. low to moderate

METHOD. Wash the fruit and cut in halves to remove the stones. The stones should be cracked and the kernels extracted.

Put the fruit and the kernels into the water in a pan, and bring to the boil slowly Simmer gently until the fruit is cooked Add the sugar and dissolve thoroughly.

Boil hard for ten or fifteen minutes Test for setting. Pot and cover.

Quince Jam

2 lb. quinces
1½–2 pints water
Rind and juice of 1 lemon
2½ lb sugar

Time. about 1½ hours. Temperature low to moderate

METHOD: Peel the quinces, then core and slice them. Put into a pan with the water, lemon rind and juice. Cook very slowly until tender and mashed Add the sugar, stirring until dissolved, then bring again to the boil Boil rapidly for about ten to fifteen minutes Test for setting. When ready, pot and cover.

The peel and cores should be washed and simmered in water to cover. Then strain and supplement the juice with water to make up to one and a half to two pints.

Rhubarb Jam

8 lb. rhubarb (after stripping)
¼ pint water
4 lemons, or 1¼ pints currant or gooseberry juice
7 lb. sugar

Time about 45 minutes Temperature low to moderate

METHOD. Strip the rhubarb and cut into inch-long pieces. Put into a pan with very little water Add the lemon juice Chop up the remains of the lemons into very small pieces, and tie them in a muslin bag. Put the bag into the pan Bring to the boil, stirring at intervals to make sure the fruit is not sticking to the pan.

When the rhubarb has become a thick pulp, remove the muslin bag, squeezing all the liquid from it into the pan.

Add the sugar and stir until all dissolved. Boil until the jam sets when tested. Pour into jars and cover.

Note: If fruit juice is used instead of lemon, add it with the rhubarb and water.

Rose Hip Syrup

4½ pints of water **2 lb. rose hips (ripe)** **1 lb. sugar**

Time: about 1½ hours. Temperature: low

METHOD: Have ready three pints of boiling water. It is always preferable to use aluminium, or enamelled-ware which is new and unchipped, for syrup-making.

Mince the rose hips in a coarse mincer. Put them immediately into the fast-boiling water and allow to come again to the boil. When the water is bubbling, remove the pan from the flame and leave it for fifteen minutes.

Scald a jelly bag and pour the liquid into it, allowing the juice to drip through into another vessel. Return the pulp to the pan and add one and a half pints of fresh boiling water to it and reboil. Remove from the flame and allow to stand for another ten minutes. Strain again through the jelly bag.

Pour the liquid extract into a clean saucepan and boil it down until it measures about one and a half pints. Add the sugar and boil for another five minutes.

Pour into hot, sterile bottles and seal immediately. If the bottles are corked, the corks must be boiled previously. After sealing, coat with melted paraffin wax. Store in a dark place.

Strawberry Jam

4 lb. strawberries
¼ oz. tartaric or citric acid (for setting)
3–4 lb. sugar

Time: about 45 minutes. Temperature: low to moderate

METHOD: Put the berries with the acid in a pan and slowly bring to the boil. Simmer for thirty minutes—or until the fruit is tender.

Add the sugar and stir until dissolved. Boil quickly for fifteen minutes. Test for setting. Leave to cool slightly before potting. Cover as usual.

Tomato Marmalade

7 lb. tomatoes **8 lb. sugar (preferably loaf)**
6 lemons **1 pint water**

Time: about 50 minutes. Temperature: low to moderate

METHOD: Dip tomatoes into boiling water and remove skins. Place tomatoes in pan with water, grated lemon rind and juice. Simmer until fruit is quite tender (thirty minutes). Add the sugar and boil rapidly for fifteen to twenty minutes. Test for a set. Pour into jars and when cold cover.

Home-made Wines

Black-currant Wine

2 gal. ripe black currants — **1¼ gal. water**
3 lb. sugar (preferably loaf)

Time: about 20 minutes. Temperature moderate

METHOD: Choose a large earthenware jar with a lifting lid. Put the currants into it. Boil the water with the sugar, removing the scum as it rises. Pour the liquid, boiling, over the currants. Leave to stand for forty-eight hours.

Strain through a flannel bag (or muslin) into another vessel. Return it to the jar and leave to stand and settle for about two weeks. Pour into bottles for use.

Cherry Brandy

Choose morello cherries and large black ones in equal quantities. Fill bottles up to three-quarters full with them. Pour brandy over, up to the bottle top, and cork tightly. Leave for a month (minimum time) before drinking.

Cherry Wine

Black cherries — **Sugar**

METHOD: Pick the cherries over carefully. Remove any that are bruised or damaged. Put them into a bowl and wash them. Dry by rolling in a soft cloth.

Put into a pan and smash them to a pulp with a wooden spoon. Cover and leave until the next day.

Put all the pulp and juice into a muslin bag and allow the contents to drip through into another pan. Do not squeeze, but if speed is necessary twist the neck of the bag and compress the contents gently. It is permissible to pass the fruit through a sieve if one is used which has no metal parts.

Measure the extracted juice. Use three-quarters of a pound of sugar to each quart of juice. For a sharper drink, use less sugar.

Leave for a day. Then pour the sweetened liquor into a cask. Try to fill the cask to the top. Do not fix the bung tightly until fermentation has ceased. Then secure as tightly as possible.

The wine is ready for use in three or four months' time.

Note: Use the pulp which is left over for fruit tarts, etc.

Cowslip Wine

4 quarts freshly picked cowslip flowers
1 orange (juicy)
1 lemon
4 quarts boiling water
3 lb. loaf sugar
2 tablespoonfuls yeast
A little brandy (optional)

Time: about 15 minutes. Temperature low

METHOD · Remove all stalks and green from the flowers.

Peel the orange and lemon very thinly and cut the the fruits in half. Press out all the juice Put the juice with the rinds into a pan and pour the boiling water over Dissolve the sugar in it, and simmer gently for fifteen minutes. Remove scum as necessary. Leave to cool.

When lukewarm, stir in the flowers and the yeast. Cover with a cloth for three days The liquid should be stirred twice daily during this time.

Strain the liquid off into a cask and leave, loosely bunged, until fermentation has ceased Then bung tightly. Leave undisturbed for three months before bottling The brandy, if added before sealing the cask, is an improvement, but not necessary.

Damson Wine

1 gal water
10 lb. ripe damsons
4 lb. sugar
1 wineglassful brandy

METHOD : Boil the water.

Wipe the fruit clean with a cloth. It is better not to wash it unless absolutely necessary. Put it into a pan and mash to a pulp.

Pour the boiling water over at once and cover immediately. Stand aside. Stir occasionally.

After five days strain the pulp through muslin. Dissolve the sugar in the juice Make sure that it disappears completely, then pour the liquor into a cask and add the brandy.

Leave the bung loose until all the frothing has finished. Then fit it in firmly.

Damson wine is a slow maturing wine It should not be bottled for about a year After bottling, drop two lumps of sugar into each bottle. Keep as long as possible, as the flavour improves with age.

Dandelion Wine

Dandelion petals to fill a gallon measure
10 pints boiling water
5 lb. sugar (preferably preserving)
2 lemons
Piece of bruised ginger
A little yeast

Time: about 30 minutes. Temperature: low

METHOD : Put all the petals in a pan and pour the boiling water over them Stand in a cool place, cover and leave for a full two weeks Stir each day

At the end of that time, pour the dandelion liquid through a muslin cloth to strain Add the sugar to it and stir until dissolved.

Rinse the lemons. Cut into thin slices Put them in the liquid. Add the piece of ginger. Pour the wine into a pan and bring to the boil. Simmer for half an hour.

Allow to become almost cold, then spread a little yeast on a slice of toasted bread and put this into the liquid Cover the pan and leave for about four days

Strain the wine. Store in a cask for three or four months. Pour into bottles for use.

Elderberry Wine

2 quarts elderberries
4 quarts water
Sugar
Cloves; a little ginger essence
Yeast
Brandy

Time: about 1½ hours. Temperature: moderate

METHOD: Put the berries into the water and boil for half an hour. Leave to cool, then with a wooden spoon press and bruise the fruit. Strain through muslin and measure the extracted juice.

Return the juice to the pan and bring to the boil. To each quart of liquid add three-quarters of a pound of sugar, stirring thoroughly until dissolved. Add the cloves and essence and continue to boil quickly for twenty minutes.

When cool, pour the liquid through a strainer into a wooden tub. Spread a little yeast on a slice of toast and put it into the wine. Wait until the wine settles down and stops "sizzling," then carefully skim off the surface scum. Remove the toast and add the brandy, apportioning quarter of a pint of brandy to each gallon of wine.

Pour into bottles. Allow at least six months for maturing.

Ginger Wine

2 lemon rinds
2 Seville orange rinds
4 quarts water
3 lb. sugar
1½ oz. bruised ginger
2 small teaspoonfuls of yeast
1 lb. stoneless raisins
¼ oz. isinglass
¼ pint brandy

Time: about 1 hour. Temperature: moderate

METHOD: Peel the lemons and oranges very thinly. Boil the peels in the water with the sugar and ginger. Boil for one hour.

When the liquid has cooled, pour into a cask. Add the juice of the lemons and oranges, also the yeast and raisins.

Leave to stand for a week, stirring several times daily. Add the isinglass and the brandy. Close the cask tightly. Leave for six weeks.

Strain the liquor through muslin and pour into bottles.

This wine will improve with keeping. It should be given at least six months for maturing before being used.

Gooseberry Wine

5 lb. gooseberries (full ripe)
5 quarts water
4 lb. sugar
¼ oz. dissolved isinglass
A wineglassful of gin

METHOD: Wash the fruit well, then top and tail them. Put them in a pan and break them up with a wooden spoon. Pour the water over the mashed pulp and leave for a week, covered.

Strain through a coarse sieve. Press as much pulp as possible through—the main idea being merely to remove the skins. Return the fined-down pulp to the pan and add four pounds of sugar. Stir well until the sugar is dissolved. Leave for a few hours. Then pour into a cask, but do not apply the bung.

Fermentation will now proceed for some little time. When it has ceased, strain the liquor. Add the isinglass, dissolved in a little warm water and the gin. Pour into a clean barrel and bung tightly. Leave for at least six months.

Pour into bottles and keep for a further six months before drinking.

Parsnip Wine

6 lb. parsnips (new, young roots) | **3 lb. sugar**
1 gal. water | **A little yeast**

Time: about 1½ hours. Temperature: moderate

METHOD: Clean the parsnips thoroughly. Cut into short pieces.

Put into a pan with the water and boil until quite soft. Do not cover the pan while boiling.

Pour off the liquid. If evaporation has occurred, make up the measure of one gallon by adding hot water. Pour into the pan and add the sugar. Boil again for forty to forty-five minutes. Leave to cool. When cool, put a piece of hot toast, spread with a little yeast, into the pan and leave for two weeks, covered. Stir daily.

Pour into a cask and allow to ferment uncorked. When the hissing sound has ceased, bung securely.

Bottle after six months.

Quince Wine

2 doz. quinces | **2½ lb. sugar**
1 gal. of water | **Juice of 2 lemons**
A little yeast

Time: about 30 minutes. Temperature: moderate

METHOD: Peel the quinces thinly. Grate the flesh, or chop it up very finely. Put the pulp in the water and bring to the boil. Boil for half an hour.

Take a clean pan and put the sugar into it. Squeeze the quince pulp through a muslin sieve, allowing the straining liquid to fall into the pan on the sugar. Stir well. Pour on the lemon juice and leave to cool. When cool, add a slice of hot toast spread with a little yeast. Cover the pan and leave until the following day.

Remove the toast and pour the wine into a cask, uncorked. Leave to ferment for a full week. Then bung tightly.

Do not bottle for seven or eight months. If possible wait even longer. Quince wine is very slow maturing.

Rhubarb Wine

10 lb. rhubarb (chosen at the height of the season)
2 gals. of boiling water
8 lb. sugar
½ oz. dissolved isinglass
1 lemon and 1 orange rind
½ oz. root ginger

METHOD: Do not skin the rhubarb. Wipe it clean with a cloth, then cut it into pieces as for stewing Put it into a large pan and pour the boiling water over. Cover and leave to stand for four days.

Strain off the liquid. To this add the sugar and stir well Stand for three days, stirring daily. Pour the wine into a cask and add the isinglass dissolved in a little warm water, and the fruit rinds and the root ginger. Leave for a week to ferment. When the liquid ceases to froth, fermentation has finished and the cask may be tightly bunged.

The wine should be left for at least six months. It may then be strained into bottles.



Quince Wine

Hot and Cold Beverages

SOME BEVERAGES are stimulants, some are merely refreshing and some have a considerable food value Milk, eggs and sugar are the most nutritious ingredients in beverages That is why invalid drinks are usually made from milk and often have a raw egg beaten into them. Where illness is so severe that only fruit juices are allowed, these should be sweetened with glucose or cane sugar to provide energy. Fresh fruit juices should be expressed as required—if they are left exposed to the air for a long time, or if they are heated, the vitamin value is impaired. The natural acid in fruit juice will dissolve sugar if it is stirred in

Beef tea and meat extracts are stimulants to promote appetite and should be served with biscuits or toast or should be given before a meal.

Tea and coffee contain stimulants and have little food value unless milk is added. This is why young children should have milk and a "dash" of tea only, and the milk should be previously boiled.

Hot beverages should be served at boiling point, with the exception of milk for coffee, which should not boil.

The vessels in which hot drinks are served should be heated before use

Freshly boiled water is necessary to make good tea and coffee. Water which has boiled for any length of time gives a "flat" taste.

Cold beverages should be iced if possible.

Albumen Water

1 white of egg
1 teaspoonful sugar
1 teaspoonful rum or brandy
½ pint water

Whip white stiffly, add sugar and spirit. Pour into wide-necked bottle or jar Shake well. Pour into a glass, add water, and serve with a plain biscuit. This is a suitable drink for invalids.

Arrowroot

(Invalids)

Blend half an ounce of arrowroot with a little cold water in a small pan Add half a pint milk or water and one teaspoonful sugar. Stir until boiling and continue boiling for five minutes.

Banana Ice Cream Soda

Slice half a banana and put in a tall glass. Pour two tablespoonfuls sweetened lemon juice over it. Fill the glass with soda water and add an ice cream.

Barley Water

2 oz. pearl barley
1 pint water
Sugar to taste
Lemon to flavour

Place barley in a strainer and pour boiling water through Put scalded barley in double saucepan with one pint of cold water and cook two to three hours slowly. Strain. Add sugar and lemon to taste Serve hot or cold.

Blackberry Syrup

Stew one pound blackberries with half a pint water and add eight ounces sugar Strain. Dilute with soda water as required. The juice of one orange and one lemon can be added before diluting if a more acid taste is required

Black-currant Drink

1 large tablespoonful black-currant jam
2 teaspoonfuls honey
Grated lemon rind
1 breakfastcupful water
Juice 1 lemon

Place jam, honey and lemon rind in a jug and mix well with wooden spoon, pour on to this the cup of boiling water Allow to stand fifteen minutes Strain. Bring to boil, add lemon juice and serve.

Claret Cup

Mix one bottle claret with one bottle soda water, four ounces sugar, one liqueur-glassful of maraschino and a little grated nutmeg Add half a pound crushed ice before serving

Hot Chocolate (1)

Melt three ounces unsweetened chocolate in a small pan over hot water and add two ounces sugar. Stir in a quarter pint boiling water and put pan on flame to boil for five minutes Add one pint hot milk, beat well and serve with whipped cream if available

Hot Chocolate (2)

Heat one pint milk (or milk and water) Sprinkle two and a quarter ounces of sweetened powdered chocolate on the milk and stir. Boil for one minute. Whisk and serve with whipped cream if available.

Black Coffee

1 Put two ounces freshly ground coffee and one pint boiling water into a pan. Add two crushed egg-shells Boil three minutes Leave to stand five minutes Strain Add a pinch of salt

2. Put two ounces freshly ground coffee and a pinch of salt in a percolator containing one pint of water. Allow to percolate six minutes.

3. Put two ounces freshly ground coffee and a pinch of salt in a hot jug Pour one pint boiling water on and leave in a warm place for five minutes—strain

Black coffee is frequently served with whipped cream.



After-dinner Black Coffee

Iced Coffee

Make one pint of coffee and strain into a jug. Add half a pint of hot milk and leave until cold Add a quarter of a pint of cream. Stand the jug of coffee in a vessel filled with crushed ice or in a refrigerator until required.

Turkish Coffee

The coffee berry should be pounded and not ground for this purpose A dessertspoonful of coffee is put in a very small conical saucepan with two tablespoonfuls water and thrust among the embers so that it boils almost at once. The boiling coffee is poured into a small cup, grounds as well. It is served without milk.

White Coffee

Serve the coffee with hot milk, which should not actually boil To be enjoyed to the full, this coffee should be really hot.

Cider Cup

To each pint bottle of cider add one bottle soda water and one bottle ginger ale, juice of one lemon and one wineglassful spirit (rum, brandy, etc.) Mix well.

Cranberry Squash

Simmer one pound cranberries with one pint water, breaking the berries with a wooden spoon Add eight ounces sugar, the grated rind of one lemon and two oranges and the juice of the oranges Leave to stand for an hour and strain Dilute with water, soda water or ginger ale. A little lemon juice can be added if liked.

Egg Nog

Beat one egg with one teaspoonful sugar Heat a quarter of a pint of milk and pour on to the egg, stirring all the time. A tablespoonful of brandy or sherry can be added

Fruit Cup

4 oz. loaf sugar
4 oranges
4 lemons
3 tangerines
1 inch cinnamon stick
2 bottles lemonade
1 bottle ginger ale
2 bottles soda water
2 bottles cider
¼ lb. stoned grapes
2 bananas

Rasp the sugar on rind of oranges, lemons and tangerines Place into large basin with the cinnamon stick Empty contents of bottles on top Cut up the fruits after removing stones and pips, and removing pith from oranges, lemons and tangerines. Allow all to stand at least one hour Remove cinnamon stick.

Fruit Drink

Juice left from any tinned, bottled or stewed fruits To this add ginger ale and some fresh fruit cut in slices. Cool in the refrigerator, or add one or two ice cubes.

Gruel

2 oz. oatmeal
1¼ pints milk
Sugar, or salt and pepper as desired

Soak oatmeal in milk one to two hours Strain. Bring the liquid to boiling point slowly. Simmer five to ten minutes. Flavour or season.

Ice Cream Sodas

Ice cream sodas are made with fruit syrup diluted with soda water. Small pieces of fruit are placed in the glass, the diluted syrup poured on, and an ice cream placed on top.

Lemonade for Storing

4 lemons
2 lb. sugar
1½ pints water
¾ oz. citric acid

Wash lemons Grate rind into a pan, add sugar and water. Simmer gently one hour. Stir in citric acid and lemon juice. When cold, strain into bottles

Lemon Squash

3 lb. sugar
Rind and juice 2 lemons, or 1 grapefruit
1 teaspoonful lemon essence
1 oz. tartaric acid
3 pints boiling water

Mix sugar, rind and juice of fruit and essence in a jug. Add the tartaric acid and boiling water. Cover, cool and use as required.

Lemon Syrup

½ lb. lump sugar
½ pint water
¼ pint lemon juice
12 drops lemon essence

Boil the sugar and water slowly for ten minutes. Leave until cold Add the lemon juice and essence. Strain Dilute as required with water or soda water

Milk Lemonade

Dissolve half a pound lump sugar in one pint boiling water. Add one gill lemon juice and one gill sherry. Cool and add three-quarters of a pint cold milk. Stir and strain.

Peptonized and Predigested Invalid Foods

These invalid foods are made according to the instructions on the tin.

Pineapple, Peach or Apricot Ice Cream Soda

For these drinks the fruit and syrup from tinned pineapple, peaches or apricots can be used instead of prepared syrup. (See Ice Cream Sodas, page 505.)

Pineapple Squash

Wash the peel of a large pineapple and cover with two pints of boiling water. Add four to six ounces sugar and stand until cold Strain before use. A teaspoonful of ginger can be added with the boiling water, or one ounce chopped stem ginger served with the squash. Serve as it is, or dilute if preferred.

Prune Juice

Take the water in which prunes have been cooked. To every half-pint add a little cinnamon stick and two ounces sugar. Simmer slowly for five minutes. Strain. Add one teaspoonful of lemon juice. Serve with ice.



Lemon Squash as a Summer Drink

Tea

Heat the teapot Put in one teaspoonful of tea for each person up to three, over that half a teaspoonful each and one for the pot; pour freshly boiled water on the leaves Stand for three to five minutes and use Tea should not stand on the leaves for a long time or a "rough" taste develops. To prevent this the leaves can be placed in an infuser and removed when the tea is sufficiently strong.

Russian Tea

Serve with slices of lemon and no milk. Usually served without sugar.

Raspberry Vinegar

Fill a large seven-pound jam jar with fresh raspberries, press well down and cover with vinegar Cork or cover and set aside for fourteen days Strain. To every half a pint of juice add half a pound of sugar. Place juice and sugar in pan and simmer slowly for thirty minutes. Allow to cool, and skim. Bottle. Use according to strength desired.

Simple Sweet-making

SIMPLE SWEET-MAKING at home is not difficult if a few simple rules are followed Care should be taken not to overdo either the flavouring or the colouring matter, and all materials used should be of good quality and freshness. Very little equipment is needed for simple sweetmaking, but the following utensils are useful:

Double saucepan
Thick-bottomed saucepan
Sugar-boiling thermometer
Wooden spoons
Shallow tins
Fancy cutters
Icing syringe

Apricot Bonbons

½ lb. icing sugar
2 oz. desiccated coconut
1 teaspoonful lemon juice
White of 1 egg
¼ lb. glacé apricots

METHOD . Rub the sugar through a sieve, mix with it the coconut and lemon juice, make a paste by adding whipped white of an egg, and leave it for some hours to dry. Then make it into balls the size of small marbles, and cover one side of the ball with a piece of the fruit. Roll in desiccated coconut and leave to dry.

Barley Sugar

A little butter
1 lb. loaf sugar
½ pint water
½ small teaspoonful cream of tartar
¼ teaspoonful lemon essence

METHOD : Butter a tin. Put the sugar and water in a saucepan, and stir over gentle heat until the sugar has dissolved, put on a lid and bring to the boil When it has boiled for two minutes, take off the lid, add the cream of tartar and boil to 300° F., or until it is brittle, when a little is tested in cold water. Then add flavouring gradually. Drop it on to the buttered tin in very small spoonfuls When cold and set, store in a perfectly airtight tin or glass jar. If preferred, it can be put on the tin in thin strips and twisted before it is too set.

Butterscotch

1 lb. Demerara sugar
6 oz. butter or margarine
2 tablespoonfuls golden syrup
1 tablespoonful vinegar
1½ gills cold water

METHOD: Put sugar, butter, syrup, vinegar and water in a saucepan and stir until the sugar has dissolved. Then bring to the boil and, without stirring, boil to 290° F., when a little tested in cold water will snap when broken. Pour into a buttered tin and, as soon as it begins to set, mark it in squares

To make nut toffees, add two ounces of blanched and chopped almonds or brazils, or finely-grated coconut.

Cherry Bonbons

METHOD: These are made in the same way as Apricot Bonbons (page 508), but substitute glacé cherries for the apricots, using one cherry for each ball Colour the coconut paste a pale pink with cochineal, and flavour it with a teaspoonful of rose water in place of the lemon juice.

Chocolate Fudge

1¼ lb. granulated sugar
1 gill milk
2 oz. cocoa
2 oz. butter or margarine
½ teaspoonful vanilla essence

METHOD Soak the sugar in the milk for two hours, then put them in a saucepan with the cocoa, and the margarine cut in small pieces Stir until dissolved, then boil until the soft ball stage is reached, 240° F. (ten minutes) Turn into a basin, add the vanilla, cool a little and then beat until the mixture is thick and beginning to harden. Pour into a shallow buttered tin and cut in squares.

Coffee Walnuts

1 lb icing sugar
Pinch of cream of tartar
White of 1 egg
Coffee essence to taste
12 drops of vanilla essence
A few shelled walnuts
1 tablespoonful caster sugar

METHOD: Crush and sift the icing sugar until it is quite free from lumps Stir into it the cream of tartar and mix well Beat the white of egg, add to half of it enough coffee essence to make it dark brown Stir this into the sugar, also the vanilla, mix until evenly coloured, then add enough egg white to form a very stiff dough Knead to make it pliable Next dip your fingers into icing sugar and form the paste into marbles Press half a walnut on each side of each ball. Roll in caster sugar, shake free from superfluous sugar and place on greaseproof paper in a warm place to dry.

Cream Fondant

1 lb. best icing sugar
1 small saltspoonful cream of tartar
½ gill of cream
White of 1 egg

METHOD: Prepare the sugar by sifting it thoroughly. Mix in the cream of tartar, add the cream and enough white of egg to form a paste which is

soft and pliable but not sticky, and knead for four or five minutes until you have an even, creamy paste. Leave for an hour before using.

Fruit Cream Bars

1 oz. citron peel
1 oz. glacé cherries
1 oz. sweet almonds
½ lb. fondant
12 drops orange-flower water
1 small teaspoonful lemon juice
About 1 tablespoonful icing sugar

METHOD: Chop the peel and glacé cherries rather finely, blanch, dry and chop the almonds Knead them all into the fondant, also the orange flower water and lemon juice Whilst kneading, dust well with icing sugar to prevent the paste being at all sticky. Press the mixture into a square tin or box, well lined with icing sugar. Leave for twenty-four hours in a warm room to dry, then cut into small bars with a sharp knife. Dust with fine white sugar.

Lemon Creams

Juice and rind of a lemon
Pinch of tartaric acid
A few drops of yellow colouring
1 lb. icing sugar

METHOD: Put into a bowl the strained juice of a lemon and the finely-grated yellow part of the rind. Add the tartaric acid, the colouring and enough fine icing sugar to form a stiff paste Roll out the paste on a sugared board, cut it in fancy shapes with a sweet cutter, and leave on sugared tins to dry.

Orange creams may be made in the same way, substituting orange juice and rind for the lemon.

Marzipan (Uncooked)

½ lb. best icing sugar
6 oz. ground almonds
1 dessertspoonful lemon juice
Whites of 2 eggs
Salt

METHOD: Roll the icing sugar free from lumps, then rub it through a fine sieve. Put it in a bowl with the ground almonds, and mix thoroughly together

Add the lemon juice and mix again Whip the whites of the eggs to a stiff froth, add to them a pinch of salt, and mix them by degrees to the almonds and sugar, until a stiff paste is formed. Leave for one hour before using.

Nougat

½ lb. sweet almonds
1½ lb. granulated sugar
1 lemon
A little oil

METHOD. Blanch the almonds, and shred them finely. Put them in a moderate oven until hot, but not brown.

Put the sugar in a saucepan with two tablespoonfuls of lemon juice and



Mixed Home-made Sweets

beat with a wooden spoon over gentle heat until the sugar has melted, then stir briskly and boil to 240° F. Add the almonds, stir to mix, pour on to an oiled dish and press out with a palette knife, and cut into bars.

Orange or Lemon Fudge

4 oz. margarine or butter — **1½ gills milk**
1½ lb granulated sugar — **1 orange**

METHOD: Melt the margarine or butter in a saucepan, add the sugar, milk, the yellow part of the orange peel grated, one tablespoonful of orange juice. Bring slowly to boiling point, then boil until it forms a soft ball when tested in cold water, 240° F. (ten minutes). Do not stir while boiling. Remove from the heat, and when cool beat with a wooden spoon until the mixture is quite cloudy Turn into a well-buttered tin and cut the fudge in squares before storing.

For lemon fudge, proceed in the same way but using lemon juice and rind

Peppermint Creams

1 lb. icing sugar — **1 teaspoonful peppermint essence**
1 dessertspoonful cream or milk — **White of 1 egg**

METHOD Roll and sift the icing sugar free from lumps, then mix with it the cream, the peppermint and enough whipped white of egg to form a stiff paste. Turn it on to a board dusted with icing sugar, knead for five minutes

and leave for one hour. Now roll out the paste with a sugared rolling pin to the thickness of half an inch. Cut into rounds with a silver thimble or round sweet cutter, and leave to dry on sugared tins in a warm place for six hours.

Plain Fondant

1 lb. best icing sugar
Pinch of cream of tartar
1 dessertspoonful water
1 teaspoonful lemon juice
White of 1 egg

METHOD: From this foundation cream a great many kinds of sweets in endless variety can be made.

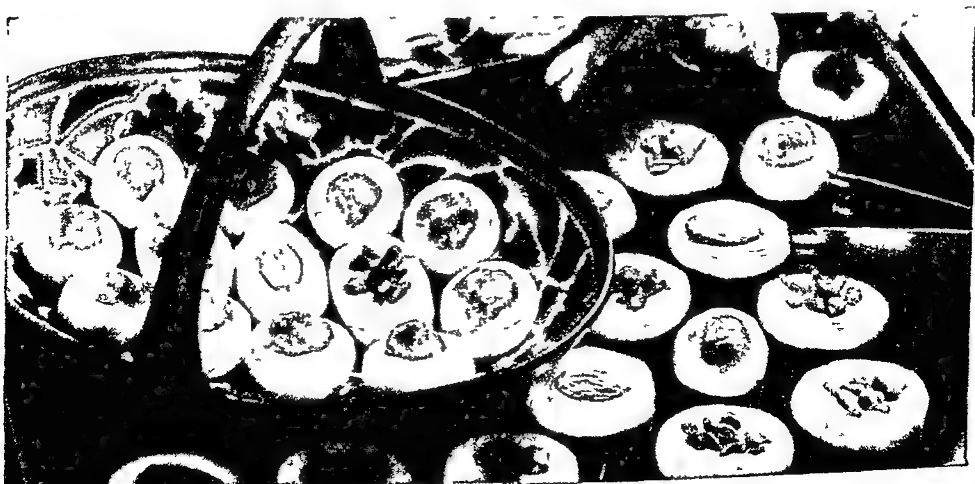
Sift the icing sugar until it is as fine as flour (this is most important), and stir into it the cream of tartar, the water and lemon juice. Add enough whipped white of egg to make a paste which is pliable and easy to knead, but not in the least sticky. If you have added too much white of egg and it sticks to the fingers, work in more fine icing sugar. Dust a board with icing sugar and knead the paste for five minutes. Leave it for one hour before making it into sweets.

Turkish Delight

½ oz. gelatine
1 lb. loaf sugar
Juice of 1 lemon
1 gill water

METHOD Soak the gelatine in half the water Bring the remainder to the boil, add the sugar, stir until it boils, then put in the gelatine and continue stirring until the gelatine is quite dissolved.

Then simmer for twenty minutes; add the strained lemon juice. Rinse a dish with cold water and pour the mixture on to it It should not be more than one inch deep When cold, cut it in cubes and roll them in fine icing sugar. If liked, stir in a few drops of red colouring into half the mixture



Decorated Fondants



Turkish Delight

Dishes from Left-overs

Garnishes are important where dishes made from left-over foodstuffs are concerned, as it is important that they should look attractive. This will effectively disguise the fact that you are using scraps. Take the mock roast, for instance, pictured in colour elsewhere in this book. It is made from left-over scraps of meat, minced and baked. Shaped in a round and garnished with all kinds of vegetables, it looks good enough for a party dish. Try some of the following recipes.

Fish in Aspic

(To use up scraps of cooked fish)

Aspic jelly (page 326)
1 cupful cooked flaked fish
Left-over cooked vegetables

Method: Make your aspic jelly as directed on the packet, or as recipe. When all the aspic has dissolved, add to it a cupful of cooked flaked fish, a few peas, and any left-over vegetables you may have, chopped small. Put into a wetted mould and leave to set. Makes quite a party dish when turned out and decorated with salad vegetables of all kinds.

Fish Cakes

(To use up scraps of cooked fish and mashed potato)

Scraps of fish
Mashed potato
Seasoning
Yolk of 1 egg
Bottled sauce (optional)
Fat for frying

Time: about 10 minutes. Temperature: moderate

Method: Mix flaked fish and well-mashed potato. Season well with salt and pepper and add the yolk of an egg to bind mixture. You can add a dash of some piquant bottled sauce if liked. Shape into balls, or flatten them out to about three-quarters of an inch thick and cut out the shape of a fish. This is a favourite with children. Dust with flour and fry until golden brown.

Fish Pie

(To use up scraps of cooked fish)

Scraps of fish
White sauce (page 168)
Seasoning
Mashed potato
Little margarine
Mushrooms (optional)

Time: about 15 minutes. Temperature: Regulo Mark 7; electricity, 420° F.; solid fuel, hot; oil, hot

METHOD Flake some left-over fish with a little thick white sauce Season well and put into a greased pie-dish Put a layer of mashed potato on the top and a few knobs of margarine. Bake in a hot oven until the potato is golden brown. More cooking is not needed, as all the ingredients are already cooked. Decorate the top with a few fried mushrooms if you want to dress up the dish a little Serve with a mixture of peas and chopped carrots and you have a good meal

Fish Soup

(To use up scraps of cooked fish)

2 tablespoonfuls butter or margarine
2 tablespoonfuls flour
1 pint milk
1 minced onion
1 cupful of sieved cooked fish
Salt and pepper
Garnishes

Time about 15 minutes Temperature · moderate

METHOD: Melt the butter or margarine and add the flour gradually When these have blended, add the hot milk in which the onion has been cooking. Add fish and seasoning If you have any fish stock left over from cooking the fish, use a quarter of a pint of this and three-quarters of a pint of milk instead of the pint Serve with any attractive garnish, such as sprigs of watercress or parsley. A shake of paprika looks pretty in this soup.

Savoury Soufflé

(To use up scraps of fish, meat or vegetable)

3 tablespoonfuls butter or margarine
3 tablespoonfuls flour
1 cupful of milk
3 eggs, separated
1 cupful meat, fish or vegetable
Seasoning

Time. about 55 minutes Temperature · Regulo Mark 4, electricity, 350° F, solid fuel, moderate, oil, moderate

METHOD. Melt the butter or margarine, add the flour and then the hot milk gradually. Remove from the flame and add the egg yolks, then the meat, fish or vegetables Leave to cool, then fold in the beaten egg whites Season Pour into a buttered mould Set in a pan of hot water and bake in a moderate oven for thirty to forty-five minutes.

Faggots

(A good way to use up stale bread)

1 lb. stale bread
1 lb. pig's liver
¼ lb fat pork or bacon
1 lb. onions
6 sage leaves
Little bunch of fresh herbs or ¼ teaspoonful dried herbs
Salt and pepper
Pig's caul

Time: 45 minutes. Temperature: Regulo Mark 8; electricity, 450° F, solid fuel, hot; oil, hot

METHOD Remove any hard crusts from the bread and cut it in small pieces. Cover it with warm water, and when quite soft drain off the water, press the bread as dry as possible and beat it smooth with a fork Wash and dry the liver. Remove any rind from the bacon (either bacon or pork must be all fat), then cut liver and bacon into small pieces, and mix them with the onions, peeled and sliced. Put these through a mincer.

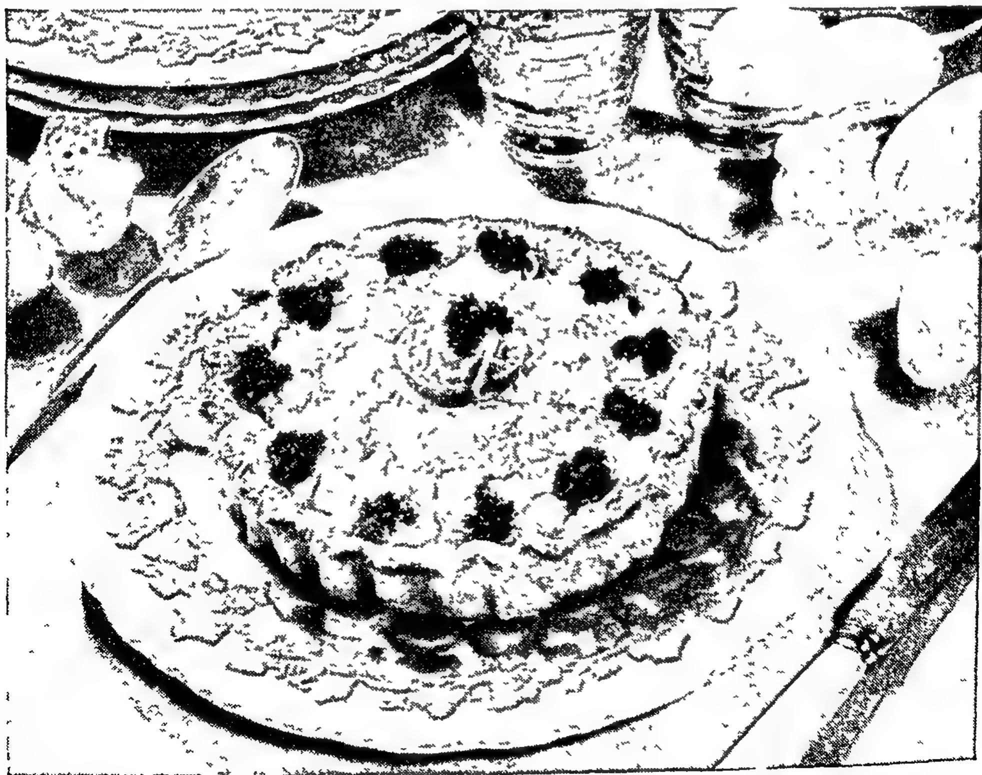
To the bread add the herbs finely chopped and a good seasoning of salt and pepper Now add the minced meats and, when thoroughly mixed, form the mixture into balls.

Wash the caul and cut it in squares with scissors Wrap each ball in a piece of caul, and pack them closely together in a baking tin Bake in a hot oven for about three-quarters of an hour. They should be nicely browned when done. Serve hot or cold. (*For 4 persons*)

Left-over Vegetables

(To use up left-over vegetables)

Put any left-over vegetables in a greased fireproof dish Cover with a white sauce in which a little grated cheese is blended Bake in a moderate oven (Regulo Mark 4; electricity, 350° F) until browned on top and thoroughly heated through. A little minced onion added to the vegetables will improve the flavour. Alternatively, put the vegetables in a pastry case baked as for a flan, page 190, and heat through in the oven



Flan made of left-over vegetables mixed with white sauce



Cream of Asparagus Soup

Cream of Asparagus Soup

(To use up asparagus stalks)

Asparagus stalks	**Seasoning**
White sauce (page 168)	**Garnishes**

Time: about 1½ hours. Temperature: low

METHOD: As often only the tips of asparagus and a little of the upper stalk are used for serving as a vegetable, the lower and tougher ends of the stalks are liable to be wasted They make a good soup if treated in this way. Simmer the lower stalks until tender in enough water to cover them This may take an hour or a little more. Do not let the water boil away too much, as it may do if you cook too quickly Put through a sieve and mix the vegetable water with a cupful of ordinary white sauce made to a medium thickness Season to taste with salt and pepper and garnish as liked. A few asparagus tips saved from a previous meal will enhance the soup.

Lamb Broth

(To use up scraps of meat and gravy)

Left-over trimmings of meat	**Left-over vegetables**
Left-over gravy	**Stock**
Seasoning	**Garnishes**

Time: about 3 hours. Temperature: low

METHOD : This can be made from any left-over trimmings from the joint, or the small bones left over from lamb cutlets. Put all the trimmings together in a pan with any left-over gravy, a little seasoning, and a shake or two of celery salt. Add any left-over vegetables you may have and enough stock or vegetable water to cover all the ingredients Boil for several hours to extract the last bit of goodness from the meat scraps and vegetables. Serve with any garnishes liked, such as fried croûtons or a little chopped mint.

Lamb Curry

(To use up trimmings and bones from joint)

Trimmings from joint
Onion
Peppercorns
Water
Flour
1 teaspoonful curry powder adjusted to taste
Boiled rice (page 171)
Chutney

Time. 2–3 hours. Temperature: low

METHOD : Put all the trimmings of the joint that you may have, together with bones, a little onion and a few peppercorns, into a pan with enough water to cover. Cook for several hours, very slowly, to extract goodness from all the left-overs. Put through a sieve, but pick out any bits of meat there may be on the bones. Add these to the gravy that has run through the sieve and thicken the whole with a little flour mixed with cold water Stir the whole together over a low flame and add curry powder to taste This varies with families, some like their curry hot and others not so hot Simmer for about fifteen minutes and then serve with boiled rice and chutney.

Mock Roast

(To use up meat scraps)

1 lb. sausage meat
4–6 oz. left-over cooked meat scraps (cooked liver or similar offal)
1 small onion
1 teaspoonful mixed crushed herbs
Breadcrumbs as required
Pepper and salt
1 egg
Coating Cream
1 dessertspoonful each gravy powder and flour, blended to thick cream with cold water

Time about 1 hour Temperature Regulo Mark 5, electricity, 375° F, solid fuel, moderate, oil, moderate

METHOD Mix sausage meat and minced cooked meat with grated onion and herbs If liked, add a teacupful of breadcrumbs to increase the total quantity Season to taste and bind with beaten egg Mould to a joint shape with floured hands—or put into a greased and crumbed border mould Bake in a moderate oven for about one hour.

If moulded to a joint shape, place in a baking tin with a little melted dripping Brush over with coating cream and baste after twenty minutes. Repeat with the coating cream and basting until the "joint" is cooked. Then serve with vegetables in season This can also be served cold if preferred that way.



Lamb Curry

If cooked in a crumb-lined border mould, turn out when cooked, and fill hole in centre with buttered carrots, or any other vegetable preferred. Another suggestion is to border the meat with "nests" of creamed potatoes, filled with green peas, with rings of fried onions between each "nest." This dish lends itself to a variety of decorative effects.

Orange Sundaes

(May be made with left-overs of cooked apples, etc.)

½ lb. cooking apples, cooked, sweetened and sieved
½ pint packet orange jelly
Cream
1 small orange, or seeded tangerine
Few glace cherries

METHOD: Divide the apple purée between several sundae glasses and cover with orange jelly when cooled and on the point of setting. Pour any surplus jelly on to a shallow dish to set. When the jelly in the glasses is firm, decorate with whipped cream and radiating slices of orange, top with a glacé cherry. Or decorate with cream and chopped jelly. Less or more apple can be used, according to what amount is left over.

Trifle

(To use up bits of stale cake or cake crumbs)

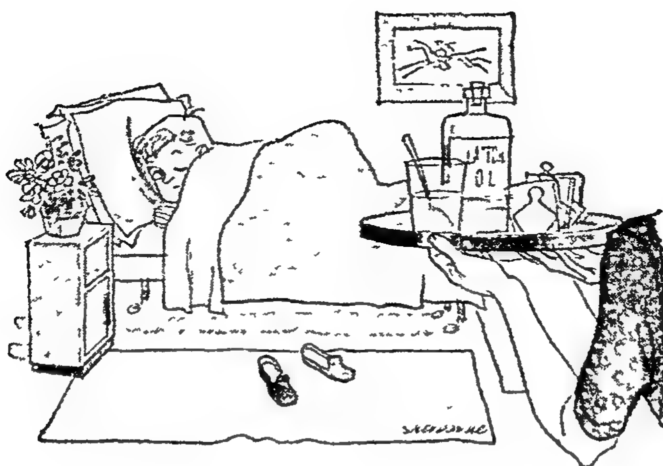
Cake trimmings, or cake crumbs
½ pint (or more) packet jelly
½ pint custard
Whipped cream

METHOD: Crumble the trimmings of cake into a decorative dish and pour in the dissolved and cooled jelly, saving a little to chop up when set, for decoration. When the jellied crumbs have set, cover with cooled custard. (For a firm custard top, dissolve a level dessertspoonful of gelatine in cold water and stir into the custard before using.) When the trifle has set, decorate with rosettes of whipped cream, piped through a coarse icing nozzle, and top each with chopped jelly, or any other favoured form of decoration.



A Salad enhances the food value of any meal

Section III



Well-balanced Menus and Diets

TO OBTAIN the maximum benefit from her skill, the cook should know something about the values of the various ingredients she is using. Modern scientific research into the fascinating subject of nutrition has found that certain foodstuffs contain vitamins essential to health. One does not have to be a food "faddist" or crank to take an intelligent interest in this subject of balanced diet It is simple to learn which foodstuffs supply body-building materials, which supply heat and energy, and which ones protect us from various diseases.

Feeding a family, especially where there are children or invalids, is a responsible job, for food can do much to make or mar the health of each member of it Food is the basis of growth and health, and if the food is poor, the physique and disease resistance of the family as a whole will be poor, and the greatest effect will show in the children.

Menu planning depends on many factors. Some housewives are careful caterers and buy well They arrange their meals so that no food is wasted. To buy well one must visit the shops personally and learn to judge foods by experience

The Balanced Diet

A well-balanced diet, or set of menus, has everything present in the diet—calories, body-building material and vitamins, in their best proportion. Putting it another way, it means that a well-balanced diet cannot be improved upon by adding more of this or that, or subtracting the other, food.

Let us discuss, first of all, a simple method of preparing a dietetically satisfactory set of menus, and then go on to that queer attribute of foods known as their "satiety value." This is much more difficult to analyse and much more difficult to give rules for satiety value. There is no doubt that some foods are more satisfying than others, though their calorie values and all the rest may be identical. A good cook knows what it is by instinct, and the meals she cooks will always be æsthetically and gastronomically sound and possessed of this indefinable something.

First of all the easy problem : balance according to dietetics. We can have balance in each meal, balance by the day and balance by the week.

Balance by the Meal

A perfectly balanced meal should contain calories, protein, mineral elements and vitamins; this balance is by no means necessary, although quite interesting to attempt. For example, a balanced afternoon tea might consist of egg and cress sandwiches and sardine paste sandwiches, in addition to cake, jam, bread and butter.

Balance by the Day

This is wise, though not absolutely essential. Wise, because the body does not store vitamins, therefore they have to be renewed again each day.

Balance by the Week

Everyone should practise this, because although it is possible to live without it for, say, a month or two months, it is much more convenient to balance by the week than by the month. Just imagine a housewife, unless she keeps an accurate day-to-day diary, trying to remember whether her family had their proper quota of (say) vitamin D since Friday of last month! So in these pages, balance by the day and by the week will be the aim.

There is no need to worry, then, about calories, proteins, mineral elements and vitamins, except possibly vitamin C (we will speak about that later) Calories (i e., the fuel value of foods) will usually look after themselves: so long as the eater is healthy and contented and leads a reasonable life, with plenty of fresh air and exercise Normal appetite leads a person to eat enough and not too much or too little. Body-building material will be supplied if meat, milk, cheese, eggs and fish form a reasonable part of the diet. Finally, the vitamins and mineral elements will be obtained if we take protective



A well-balanced tea, with egg and cress sandwiches, cake, jam, and bread and butter

foods. There are three types of these: dairy foods, market garden foods and fat fish. (Liver, kidneys and wholemeal bread come into this last category, too)

When planning menus, make sure of the protective foods first of all, then fill up the gaps left in the body-building foods, and then, and only then, consider what foods you would like for giving calories.

The three main types of food are as follows:

PROTECTIVE FOODS

1. Dairy foods . milk, butter, margarine, cheese and eggs.

2. Market garden foods · green vegetables, carrots, swedes, turnips, radishes, tomatoes, mustard and cress, summer fruits (and oranges, lemons and grapefruit).

3. Fat fish: salmon, herrings, sprats, bloaters, kippers, whitebait and mackerel (Also wheatmeal bread, liver, kidneys.)

BODY-BUILDING FOODS

Meat, milk, eggs, cheese and fish (white or fat)

FOODS FOR CALORIES

Dripping, frying fats, suet, butter, margarine, bacon, cheese, flour, bread, cereals, cakes, biscuits, pastry, pulses, dried fruits, jam, marmalade, golden syrup, treacle, potatoes.

Our object, then, in making-up menus should be to start with the protective foods and see that the dairy foods are well represented every day. Butter or margarine will appear at most meals, and whatever quantity of milk is available can be spread over the day, and perhaps a little cheese or an egg will form the important item at one meal. Of the market garden foods at least one helping—better two—should appear every day; say, greens (cabbage or spinach), or green peas, or french or runner beans, or a salad; together with some fruit, such as gooseberries, raspberries, strawberries or black currants (or, in their default, an orange or half a grapefruit) once a day. The fat fish should appear once or twice a week.

Green vegetables are mainly valuable because they supply vitamins A and C. They should always be cooked carefully in order to conserve as much as possible of the vitamin C, which is easily lost. (See "How to Cook Vegetables," page 128.)

Green vegetables should also be served as soon as possible after they are cooked. This also helps to conserve the vitamin C. If you cannot manage this, try to serve at the same meal some raw salad vegetables such as mustard and cress, watercress, tomatoes, radishes, etc., or, failing that, serve fruit such as raspberries, gooseberries, strawberries or black or red currants. These can be either fresh or stewed. Canned and bottled fruits have the same food value as stewed fruits.



It is advisable (although not always possible) to have "elevenses," and a mid-morning drink of coffee with milk is better than tea or milkless coffee



A well-balanced main meal consists of meat, vegetables and milk foods

After the protective foods have been supplied in the menu, the next step is to make sure of the body-building foods. Some of these will have been provided already by the protective foods If, for example, a cheese or egg dish has been chosen, or fat fish in some form or another, we need put no more body-building foods into *that* meal Meat can be used for the other large meal of the day. It is unwise to crowd all the body-building material into one meal and leave nothing of particular value for the other meals. Having decided on the nature of the main meals, fancy can dictate what remaining foods will be chosen to fill the rest of the meals in the day.

Meals and Mealtimes

Research has shown that the best arrangement for meals in one day is as follows :

Three main meals should be taken : breakfast, a midday meal and an evening meal, with two small side meals, one as a mid-morning snack (elevenses) and the other as afternoon tea. It is wise to serve some protective foods at these side meals. It is better that elevenses should consist of coffee dash, that is, milk with a dash of coffee, rather than tea, or black coffee with no milk Afternoon tea should ideally consist of tomato, sardine or cress sandwiches, as well as biscuits or cake.

Perhaps the best way of illustrating how a simple knowledge of menu planning on scientific lines can be used is to take a bad example and show how it can be amended

Breakfast. Porridge, bacon, half a fried tomato, bread and butter, marmalade and tea.

Mid-morning snack One-third of a pint of milk.

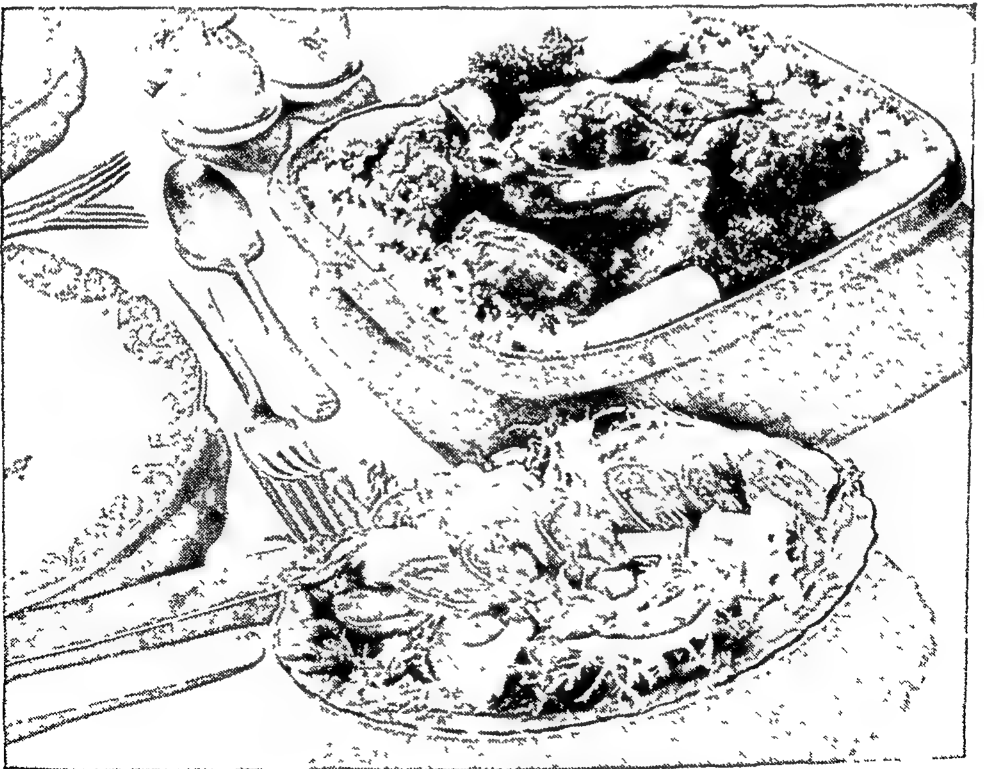
Dinner. Cold roast beef, mashed potatoes, pickles, rice pudding, and bread.

Tea Brown and white bread and butter, small cake or scone, and tea.

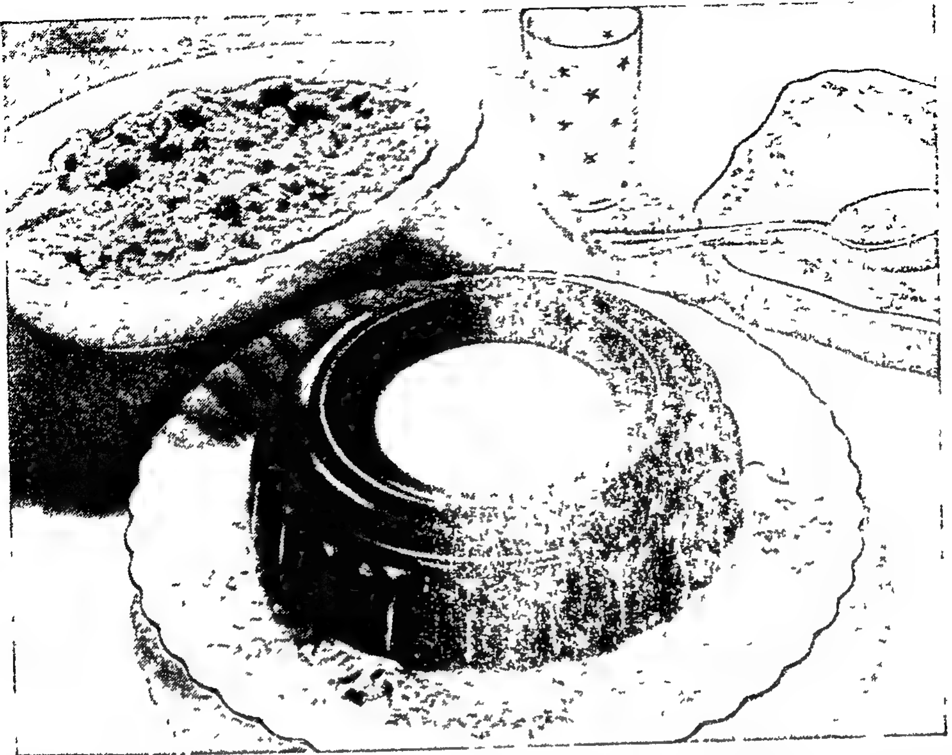
Supper. Bread and butter, baked beans on toast, a biscuit, and water.

Now where are the protective foods in this day's menu? The dairy foods are present in the milk, the rice pudding and the butter. Where are the greengroceries? Half a fried tomato only. No greens, no carrots, no green salad, and no fruit! Nor are there any fat fish in this menu, although these could be supplied on other days in the week. (There is no need for fat fish more than once or twice a week.)

From the dietetic standpoint, therefore, this day's menus must be condemned, though most people would quite cheerfully accept them as



Salad is a good addition to any main meal, and can be served with most things



Dairy foods are of first importance to diet, and they can be made to look most attractive as milk puddings, blancmanges and jellies

satisfactory Let us amend this set of menus from the dietetic point of view

At dinner, certainly the pickles should go. Carrots could be substituted, and these go quite well with cold roast beef, but a salad would be much better, this could consist either of a mixture of any of the following . water-cress, mustard and cress, radishes or tomatoes, or only one of them alone. Finely-shredded cabbage can be very appetizing if mixed with other green salads. Sliced swedes and turnips can be disguised by a salad dressing If, however, carrots are served instead of salad, fresh fruit or canned fruits could be served later in the day to supply vitamin C

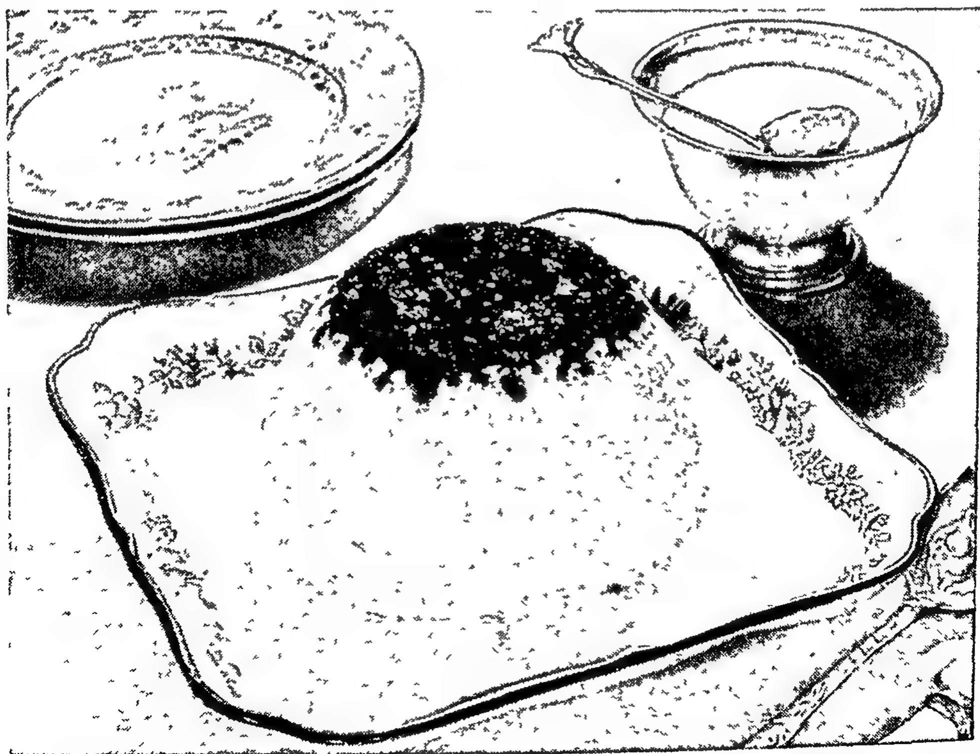
The remaining meals in this day's menus are practically devoid of protective foods, which is a mistake. Neither is there any vitamin D (from fat fish). Instead of the baked beans on toast, herring or other fat fish might appear, or even canned herrings or salmon Or ordinary white fish could be served, together with a sauce fortified with vitamin D by adding a teaspoonful of cod-liver oil per head. This doesn't taste as unpleasant as it sounds In fact, no one will recognize the cod-liver oil if the cook does not explain. The sauce merely tastes pleasantly fishy, and this ruse has been used for years in a certain preparatory school in England.

Most diets are adequate as regards calories and body-building materials, and can be made satisfactory, as in the above amended diet, by the addition of certain protective foods. All types of protective foods—dairy foods, greengroceries and fat fish—must be represented.

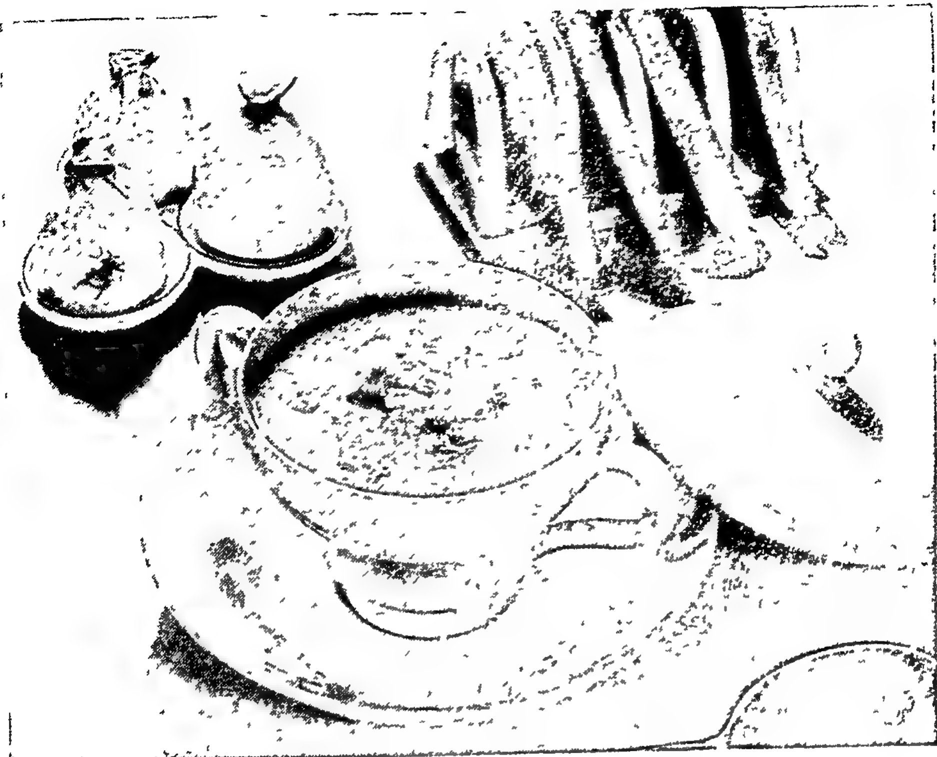
Satiety Value

The satiety value of a food is its power to make you feel you have eaten enough. Undoubtedly some foods are more satisfying than others, although from the nutritive point of view they may have equal value. Everyone will agree, for example, that stewed raspberries and cream (with, of course, sugar) have little satiety value. One can certainly eat quite a lot of this sweet before reaching repletion. This is also true, though not to the same degree, of ice-cream None the less, these foods may have even more dietetic value, weight for weight, than rice pudding, which has a high satiety value.

Unfortunately, we cannot measure satiety value. If we try to relate it with some known dietetic value of food, we find so many exceptions that little or no guidance can be obtained from that standpoint It certainly, however, has something to do with calorie value, that is, the amount of physical energy with which a given weight of food supplies the body. Butter is more satisfying than bread, a rich cake than a madeira cake, duck than chicken. This satiety value seems to have something to do with the amount of fat in the food. That might explain why fat meat is more satisfying than lean meat, salmon than white fish, and duck more than chicken On the other hand, ice-cream, which has, or should have, a considerable amount of fat (say, 12 per cent), has practically no satiety value, and clotted cream with its 60 per cent fat has less satiety value than foods with much less.



Suet pudding is very satisfying



Thick soup is also high in satiety value

The texture of a food is also a determinant factor. Suet pudding, especially if soggy, has a high satiety value, soapy potatoes satiate more quickly than floury ones, hard-boiled eggs than soft-boiled eggs. But again there are exceptions. Certain people who are very fond of steamed apple pudding seem to be able to eat a great deal of it before they feel they have had enough, while other people, perhaps not quite so fond of it, find a much smaller helping more than satisfying. A suspicion begins to dawn that perhaps the mysterious element which determines the satiety value of a dish is whether we like it or not Appetite, then, which is quite distinct from hunger, lowers the satiety value of a food which is liked and raises those of ones we do not like The satiety value of greens for most people is greater than that of green peas, old potatoes have a higher value than new potatoes; stale or wholemeal bread than new, white bread.

Satiety value is certainly a reality It may vary somewhat from person to person, and from time to time with the same person None the less, there are certain generalizations which are more or less true for most people. It is generally agreed that thick soups, meat and potatoes have high satiety values, the same is true of duck and goose. Chicken, guinea fowl and pheasant, however, have low satiety value, white fish is lower than meat, but salmon has a particularly high value, whether fresh or tinned. Most sweets, such as ices, jellies and the compote types, are low on the list, but creams are higher than pastry, while suet puddings are very high. Fruit drinks have little satiety value, which is useful when feeding the sick.



Menus for all Seasons

THE FOLLOWING menus cover the four seasons of the year—spring, summer, autumn and winter. They are given as a guide only. Some families like their main meal at midday, others, especially where the husband cannot get home at midday, take it at night. Although the main meal is given here as a midday dinner, it can be substituted for the supper menu and the supper menu can be used for the midday dinner if desired.

Most of the supper meals start with a good soup. This is only a suggestion, and it can easily be left out if it is not wanted. It should be remembered, however, that soup does help to eke out the more expensive foodstuffs, and good soups are easy to make. See the Principles of Cookery, pages 162–6.

The addition of a mixed salad to either the dinner or the supper menus would enhance the food value of the meal. This can be served separately, either on small individual plates or in a salad bowl. This American custom is becoming more and more popular, and the health-giving properties of salad vegetables are fully recognized nowadays. Some kind of salad vegetable can be obtained all the year round.

Menu-planning is an economy, because food served hot one day can be used up cold or in a made-up dish the next. Never waste left-overs, for they can be made into most attractive dishes. To find the instructions for making the dishes listed in the menus, look up the index at the end of the book.

Spring · First Week

SUNDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal Scrambled Egg Marmalade	Roast Pork Sage and Onion Stuffing Apple Sauce. Potatoes in their jackets. Curly Kale Stewed Rhubarb Rice Pudding	Fruit Cake Bread and Butter Jam	Tomato Soup Scotch Eggs Watercress Salad Trifle

MONDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal Fried Bacon and Mushrooms Fresh Fruit	Cold Pork Beetroot, Celery and Potato Salad Apple Charlotte	Toast Tomato Sandwiches Fruit Cake	Potato Soup Fried Cod's Roe Blancmange and Stewed Figs

TUESDAY

BREAKFAST	DINNER	TEA	SUPPER
Porridge Kedgeree Marmalade	Hot Pot Spring Greens Treacle Tart	Fish Paste Sandwiches Lettuce Sponge Sandwich	Celery Soup Brawn Tomato Salad Stewed Fruit Junket

WEDNESDAY

BREAKFAST	DINNER	TEA	SUPPER
Grapefruit Grilled Sausage and Tomato Marmalade	Toad-in-the-Hole Baked Potatoes Broccoli Stewed Prunes and Custard	Hot Tea Cakes Jam Sandwiches Seed Cake	Julienne Soup Baked stuffed Haddock Semolina Pudding Apricot Jam

THURSDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal and Prunes Coddled Eggs Honey	Liver stuffed and baked Spinach Creamed Potatoes	Bread and Butter Jam Chocolate Cakes	Leek Soup Stewed Scallops Baked Apple Dumplings

FRIDAY

BREAKFAST	DINNER	TEA	SUPPER
Porridge Omelette Fresh Fruit	Grilled Halibut Maître d'Hôtel Butter Mashed Potatoes Baked Suet Pudding	Cucumber Sandwiches Brown Scones and Butter Rock Cakes	Mulligatawny Soup American Salad Apricot Jam Tart

SATURDAY

BREAKFAST	DINNER	TEA	SUPPER
Porridge Grilled Mushrooms and Tomatoes on Toast	Steak grilled with Onions Potatoes, Carrots and Turnips Devonshire Pudding	Shrimp Sandwiches Gingerbread Fruit Cake	Clear Soup Fried Fish Chip Potatoes Macaroni Pudding

Spring · Second Week

SUNDAY

BREAKFAST	DINNER	TEA	SUPPER
Grapefruit Finnan Haddock Honey	Roast Beef Carrots and Parsnips Roast Potatoes Plum Tart (bottled) Custard	Date Sandwiches Chelsea Buns Mocha Chocolate Cake	Clear Soup Egg Mayonnaise Fruit Salad and Blancmange

MONDAY

Cereal Fried Eggs and Bacon Marmalade	Cold Beef Mixed Salad Potato Fritters Apple Dumplings	Wholemeal Scones Honey Sultana Cake	Herb Soup Cauliflower au Gratin Stewed Figs and Custard Cheese and Celery

TUESDAY

Porridge Grilled Kippers Marmalade	Calf's Head Parsley Sauce Turnip Tops Steamed Potatoes Ginger Pudding	Jam Sandwiches Cinnamon Buns Oatmeal Biscuits	Lentil Soup Indian Curry Rice and Chutney Hot Apple Slices

WEDNESDAY

Cereal Fried Dabs Stewed Apples	Grilled Steak Maître d'Hôtel Butter Spring Greens Fruit Tart	Cress Sandwiches Marmalade Cakes	Mock Turtle Soup Sheep's Tongue Onion Sauce Spinach Fruit Jelly

THURSDAY

Cereal Bacon and Grilled Tomatoes Honey	Mutton Cutlets Artichokes with White Sauce Chip Potatoes Cabinet Pudding	Fish Paste Sandwiches Chocolate Finger Biscuits Cherry Tartlets	Jellied Soup Corned Beef Mould Mixed Salad Apple Fritters

FRIDAY

Porridge Omelette Fresh Fruit	Cornish Pasties Baked Potatoes Spring Greens Stewed Rhubarb Custard	Hot Buttered Scones Lemon Cakes	Tomato Soup Steamed Codfish Parsley Sauce Cornflour Blancmange

SATURDAY

Cereal Poached Eggs on Toast Marmalade	Sausages Mashed Potatoes Seakale Apple Pie	Watercress Sandwiches Fruit Cake	Onion Soup Fried Sole Creamed Potatoes Stewed Fruit Custard

Spring · Third Week

SUNDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal	Rolled Stuffed Veal	Cress Sandwiches	Brown Fish Stew
Grilled Kidneys and Bacon	Cauliflower	Buns and Jam	Spinach
Fruit	Roast Potatoes	Shortbread	Trifle
	Rhubarb Tart		Cheese and Biscuits
	Custard		

MONDAY

BREAKFAST	DINNER	TEA	SUPPER
Porridge	Cold Veal with Mixed Salad	Fish Paste and Tomato Sandwiches	Vermicelli Soup
Scrambled Eggs	Spiced Apple Tart	Lemon Biscuits	Stewed Tripe
Marmalade	Cream		Rice Pudding
			Stewed Fruit

TUESDAY

BREAKFAST	DINNER	TEA	SUPPER
Grapefruit	Corned Beef Mould	Buns	Hors d'œuvre
Croquettes	Sprouting Broccoli	Egg Sandwiches	Fried Fillets of Plaice
Marmalade	Mashed Potatoes	Cake	Chip Potatoes
	Steamed Jam Pudding		Apple Snow

WEDNESDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal	Sweetbread Casserole	Tomato Sandwiches	Tomato Soup
Grilled Mackerel	Cabbage	Toast	Savoury Vegetable Ring
Stewed Prunes	Mashed Potatoes	Spiced Cake	Apricot Tart
	Rice Pudding and Blackberry Jelly		

THURSDAY

BREAKFAST	DINNER	TEA	SUPPER
Grapefruit	Corned Beef Rissoles	Apple and Raisin Sandwiches	Pea Soup
Grilled Herrings	Parsley Sauce	Cherry Cake	Macaroni C[illegible]
Honey	Carrots and Potatoes		Salad
	Stewed Fruit		Crème Caramel

FRIDAY

BREAKFAST	DINNER	TEA	SUPPER
Porridge	Lamb Chops	Bread, Butter and Jam	Green Soup
Sausages	Mint Sauce	Cake	Fish au Gratin
Marmalade	Fried Potatoes	Fruit	Pancakes with Lemon
	Spring Greens		
	Apple Fool		

SATURDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal	Liver and Bacon	Shrimp and Cress Sandwiches	Minestrone Soup
Smoked Haddock	Spinach	Ginger Cake	Toad-in-the-Hole
Stewed Figs	Sauté Potatoes		Fruit Salad
	Ginger Pudding		Custard
	Custard		

Spring · Fourth Week

SUNDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal Savoury Omelette Marmalade	Roast Sirloin Beef Yorkshire Pudding Spring Greens Baked Potatoes Stewed Prunes Baked Custard	Bread and Butter Radishes Iced Sponge Sandwich	Julienne Soup Soused Herrings Trifle Cheese and Biscuits

MONDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal Fried Bacon and Grilled Tomatoes Stewed Figs	Grilled Fillets of Steak (cut from sirloin before cooking) Fried Potatoes Stewed Mushrooms Apricot Tart (dried)	Wholemeal Scones Jam Date Sandwiches Rock Buns	Carrot Soup Crab Salad Apple Snow

TUESDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal Prunes Fried Eggs and Fried Tomatoes Honey	Cold Roast Beef Mixed Salad Potatoes in their jackets Eve's Pudding	Cress Sandwiches Anchovy Toast Madeira Cake	Tomato Soup Stewed Kidneys with Carrots and Onions Jam Tart

WEDNESDAY

BREAKFAST	DINNER	TEA	SUPPER
Porridge Scrambled Eggs Fresh Fruit	Shepherd's Pie Spring Greens Steamed Apple Pudding	Toast Jam Lettuce Sandwiches Lemon Curd Tartlets	Mushroom Soup Fried Fillets of Plaice Spinach Chip Potatoes Apple Fool

THURSDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal Grilled Herrings Fresh Fruit	Liver and Bacon Spinach Creamed Potatoes Bread and Butter Pudding	Currant Bread and Butter Jam Iced Buns	Vegetable Soup Egg Nest Rice Pudding and Jam

FRIDAY

BREAKFAST	DINNER	TEA	SUPPER
Porridge Tomatoes on Toast Marmalade	Steak and Kidney Pie Broccoli Fruit Tart Custard	Toasted Tea Cake Coconut Pyramids Biscuits	Mixed Vegetable Broth Toad-in-the-Hole Fruit Salad

SATURDAY

BREAKFAST	DINNER	TEA	SUPPER
Omelette Stewed Rhubarb Marmalade	Cold Steak and Kidney Pie Salad Stewed Apricots and Custard	Tomato Sandwiches Brown Scones and Honey Fruit Cake	Spinach Soup Macaroni Cheese Stewed Apples Junket



Tomato Sandwiches, Brown Scones, Honey and Fruit Cake for Saturday Tea

Cold Meat Pie, Salad, Stewed Apricots and Custard for Saturday Dinner

Summer · First Week

SUNDAY

BREAKFAST	DINNER	TEA	SUPPER
Fresh Fruit Grilled Kidneys and Fried Tomatoes Marmalade	Roast Chicken Boiled Bacon Bread Sauce New Potatoes Green Peas Gooseberry Tart and Custard	Brown Bread and Butter Strawberries and Cream Sponge Sandwich	Mixed Vegetable Broth Anchovy Eggs Lettuce and Tomato Salad Milk Jelly

MONDAY

Cereal Bacon and Egg Marmalade	Cold Chicken and Bacon Mixed Vegetable Salad Victoria Pudding	Jam Sandwiches Angel Cake Ginger Biscuits	Chicken Broth Fried Croûtons Welsh Rarebit Black Currants and Cream

TUESDAY

Cereal Poached Eggs on Toast Stewed Gooseberries	Hamburgers Broad Beans Parsley Sauce New Potatoes Summer Pudding	Lettuce and Shrimp Sandwiches Cherry Cake Marmalade Cakes	Jellied Soup Baked Trout Fried Potatoes Egg Junket

WEDNESDAY

Cereal Cold Tongue Tomatoes Fresh Fruit	Savoury Vegetable Ring Green Peas West Riding Pudding	Tomato Sandwiches Scones and Jam Fruit Cake	Hors d'œuvre Sheep's Tongues Spinach Trifle

THURSDAY

Sausages Sauté Potatoes Marmalade	Oxtail with Carrots Onions and Turnips New Potatoes Pancakes with Lemon	Nut Bread and Honey Chocolate Cakes Biscuits	Clear Soup Cauliflower au Gratin Cherry Tartlets and Mock Cream

FRIDAY

Cereal Finnan Haddock Honey	Boiled Halibut Suprême Sauce Mashed Potatoes Steamed Black-currant Pudding Custard	Bread and Butter Jam Lemon Curd Tarts	Oxtail Soup Egg Scallops Green Peas Raspberries and Custard

SATURDAY

Cereal Fish Cakes Stewed Gooseberries	Irish Stew Cabbage Bakewell Tart	Cucumber Sandwiches Chelsea Buns Victoria Sandwich	Spring Soup Fish in Aspic Mould Salad Treacle Tart

Summer · Second Week

Day	Breakfast	Dinner	Tea	Supper
SUNDAY	Grapefruit Fried Eggs and Bacon Scones and Honey	Roast Lamb Mint Sauce Spinach New Potatoes Raspberry and Currant Tart Cream or Custard	Tea Cakes and Jam Iced Sponge Cakes Honey Cake	Jellied Soup Anchovy Eggs Salad Fruit Flummery
MONDAY	Cereal and Stewed Fruit Poached Eggs Marmalade	Cold Lamb Mint Jelly Potato and Carrot Salad Hot Cabinet Pudding	Cress Sandwiches Swiss Roll Shortbread Biscuits	Julienne Soup Soused Fish Saute Potatoes Baked Jam Roll
TUESDAY	Stewed Prunes Mushroom Omelette Marmalade	Cottage Pie Broad Beans Parsley Sauce Gooseberry Tart Custard	Scones Jam Almond Cheese-cakes	Tomato Soup Fried Croûtons Brawn and Salad Stewed Black Currants Cream
WEDNESDAY	Cereal Poached Haddock Stewed Fruit	Veal and Ham Pie New Potatoes Green Peas Queen's Pudding	Cucumber Sandwiches Raisin Cake	Peapod Soup Dressed Crab Lettuce Salad Stewed Fruit
THURSDAY	Stewed Rhubarb Kippers Marmalade	Cold Veal and Ham Pie Mixed Vegetable Salad Gooseberry Fool	Fish Paste and Lettuce Sand-wiches Fairy Cakes	Minestrone Soup Macaroni Cheese Fruit Trifle Cream Cheese
FRIDAY	Cereal Stuffed Tomatoes Brown Bread and Honey	Steak Toad-in-the-Hole Cabbage New Potatoes Summer Pudding	Bread and Butter Lettuce and Radishes Swiss Roll	Salmon Mayonnaise Salad Jam Tart Mock Cream
SATURDAY	Sausages Apple Fritters Marmalade	Baked Haddock Spinach Mashed Potatoes Black-currant Pudding	Cucumber Sandwiches Buns Fresh Raspberries	Cucumber Soup Savoury Omelette Chip Potatoes Apple Pie and Custard



Cold Meat and Salad, Potatoes and College Puddings make Monday Dinner

Summer · Third Week

SUNDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal Scrambled Eggs Jam or Marmalade	Roast Shoulder of Mutton Red-currant Jelly Roast Potatoes Boiled Onions with White Sauce Loganberry Tart Cream	Salmon and Lettuce Sandwiches Cherry Cakes Biscuits	Mushroom Soup Macaroni Cheese Cauliflower Fruit Flan

MONDAY

BREAKFAST	DINNER	TEA	SUPPER
Stewed Fruit Bacon and Tomatoes Honey	Cold Mutton Beetroot and Onion Salad New Potatoes College Puddings and Custard	Watercress Sandwiches Chocolate Cakes Buns	Green Pea Soup Eggs Montreal New Potatoes Strawberries and Cream

TUESDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal Cold Ham and Tomatoes Fruit	Croquettes Runner Beans Cream Mould Fresh Fruit	Egg and Cress Sandwiches Jam Tarts Rock Buns	Hors d'œuvre Sole Meunière Chip Potatoes Gooseberry Tart Custard

WEDNESDAY

BREAKFAST	DINNER	TEA	SUPPER
Stewed Prunes Coddled Eggs Marmalade	Veal Cutlets and Bacon Green Peas New Potatoes Stewed Fruit Milk Jelly	Scones and Jam Fruit Cake Oatmeal Biscuits	Broad Bean Soup Cauliflower au Gratin Lemon Sponge

THURSDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal Kippers Marmalade	Calf's Head Parsley Sauce Mashed Turnips Mashed Potatoes Pancakes with Lemon	Lettuce and Cucumber Sandwiches Sponge Roll Queen Cakes	Vegetable Soup Anchovy Eggs Tomato Salad Stewed Plums and Custard

FRIDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal Boiled Eggs Honey	Stewed Breast of Lamb Summer Vegetables Lemon Sponge	Milk Scones Strawberry Jam Rock Buns	Tomato Soup Fish in Aspic Mould Salad Treacle Tart

SATURDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal Cold Tongue (from Calf's Head) Fruit	Sausages and Fried Tomatoes Sauté Potatoes Raspberry and Currant Tart	Sardine and Watercress Sandwiches Gingerbread Marmalade Cakes	Jellied Soup Fried Plaice Cut Lemon Chip Potatoes Blancmange and Jam

Summer · Fourth Week

SUNDAY

BREAKFAST	DINNER	TEA	SUPPER
Bacon and Scrambled Eggs	Roast Duck	Tomato Sandwiches	Clear Soup
Fresh Fruit	Green Peas	Lemon Cakes	Lobster Salad
Cereal	New Potatoes	Ginger Biscuits	Fruit Jelly
	Orange Slices with French Dressing		Cheese and Biscuits
	Apple Snow		

MONDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal	Cold Duck	Scones and Butter	Fried Fillets of Plaice
Poached Eggs	Mixed Vegetable Salad	Raspberries and Cream	Peas
Marmalade	Mashed Potatoes	Fruit Cake	Fried Potatoes
	Gooseberry Fool		Black-currant Tart
	Custard Tarts		

TUESDAY

BREAKFAST	DINNER	TEA	SUPPER
Stewed Figs	Roast Veal	Cucumber Sandwiches	Green Soup
Calf's Kidney and Bacon	French Beans	Chocolate Roll	Cauliflower Cheese
Marmalade	Fruit Pie	Queen Cakes	Stewed Gooseberries
	Cream		Custard

WEDNESDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal	Cold Roast Veal	Brown Bread and Butter	Julienne Soup
Stewed Fruit	Tomato Salad	Strawberries and Cream	Crab Salad
Fried Eggs and Sauté Potatoes	Fried Potatoes	Fruit Cake	Fruit in Jelly
Marmalade	Lemon Tartlets		Biscuits and Cheese

THURSDAY

BREAKFAST	DINNER	TEA	SUPPER
Poached Haddock	Veal Croquettes	Scones and Jam	Onion Soup
Fried Tomatoes	New Potatoes	Lettuce Sandwiches	Stuffed Vegetable Marrow
Honey	Cabbage	Lemon Curd Tarts	Ginger Pudding
	Pancakes and Jam		

FRIDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal	Grilled Steak and Onions	Brown Bread and Butter	Tomato Soup
Stewed Prunes	Fried Potatoes	Cress Sandwiches	Grilled Herrings
Boiled Eggs	Cabbage	Cheesecakes	Fruit Jelly
Marmalade	Gooseberry Tart		

SATURDAY

BREAKFAST	DINNER	TEA	SUPPER
Sausages	Hot Pot	Toasted Brown Bread with Honey	Green Pea Soup
Apple Fritters	Young Carrots and Turnips	Little Jam Tarts	Stewed Scallops
Marmalade	Stewed Greengages	Sponge Cake	Steamed Fruit Pudding
	Blancmange		Custard



Sausages, Apple Fritters, Toast and Marmalade make Saturday Breakfast

Soup, Stewed Scallops, Fruit Pudding and Custard for Saturday Supper

Autumn · First Week

SUNDAY

BREAKFAST	DINNER	TEA	SUPPER
Grapefruit Grilled Ham and Tomatoes Marmalade	Roast Goose Apple Sauce Baked Potatoes Brussels Sprouts Apple Charlotte	Mustard and Cress Sandwiches Sponge Cake Lardy Scones	Soused Herrings Cheese and Celery Salad Stewed Blackberries and Blancmange

MONDAY

Porridge Grilled Kippers Fresh Fruit	Cold Roast Goose Celery Salad Potato Croquettes Baked Apples Bread and Butter Pudding	Wholemeal Bread and Honey Almond Cheesecakes Madeira Cake	Giblet Soup Fried Croutons Cheese Soufflé Dumplings Cold Cabinet Pudding

TUESDAY

Cereal Croquettes Fried Mushrooms Honey	Stewed Oxtail with Carrots, Turnips and Potatoes Cabbage Greengage Tart	Tomato Sandwiches Shortbread Fruit Cake	Parsnip Soup Corned Beef and Salad Fruit Jelly Cheese and Biscuits

WEDNESDAY

Porridge Bacon Apple Fritters Marmalade	Shepherd's Pie Brussels Sprouts Steamed Apple Pudding	Brown Bread and Jam Chocolate Swiss Roll Biscuits	Oxtail Soup Fried Croutons Cauliflower Cheese Trifle

THURSDAY

Porridge Scrambled Eggs Stewed Fruit	Roast Rib of Beef Roast Potatoes Greens Yorkshire Pudding Stewed Damsons and Custard	Watercress and Fish Paste Sandwiches Treacle Parkin Wholemeal Scones	Mushroom Soup Grilled Herrings with Mustard Sauce Pear Fritters

FRIDAY

Cereal Sausages and Sauté Potatoes Honey	Cold Beef Beetroot Salad Potatoes baked in their jackets Semolina Pudding	Wholemeal Scones and Butter Black-currant Jam Genoese Fancies	Herb Soup Poached Eggs on Toast with Herb Sauce Stewed Plums and Junket

SATURDAY

Porridge Potted Meat Tomatoes Marmalade	Corned Beef Rice and Chutney Brussels Sprouts Baked Apples and Golden Syrup	Bread and Butter Lettuce Swiss Roll Queen Cakes	Fried Fillets of Haddock Anchovy Sauce Julienne Potatoes Fruit Salad Cream

Tomato Sandwiches, Shortbread and Fruit Cake make Tuesday Tea

Soup, Meat and Salad, Jelly, and Biscuits and Cheese for Tuesday Supper

Autumn · Second Week

	BREAKFAST	DINNER	TEA	SUPPER
SUNDAY	Porridge Fried Kidney and Bacon Honey	Roast Pheasant Chipolata Sausages Chip Potatoes Brussels Sprouts Red-currant Jelly Greengage Tart	Toast and Jam Cinnamon Buns Sponge Cake with Coffee Butter Icing	Mixed Vegetable Broth Egg Nest Spinach Cold Chocolate Soufflé
MONDAY	Cereal Omelette Stewed Apricots (dried)	Cold Pheasant Lettuce and Tomato Salad with French Dressing Mashed Potatoes Peach Amber	Watercress Wholemeal Scones, Butter Black-currant Jam Ginger Biscuits	Game Soup Boiled Brill Spinach Apple Fool
TUESDAY	Porridge Grilled Kippers Marmalade	Meat Ball Crock Cabbage Stewed Apples and Blackberries Baked Custard	Toasted Scones Jam Egg and Cress Sandwiches Sultana Cake	Mock Turtle Soup Stuffed Vegetable Marrow Jam Tart Cream
WEDNESDAY	Cereal Coddled Eggs Fresh Fruit	Stewed Rabbit Onion Sauce Purple Broccoli Mashed Potatoes Steamed Suet Pudding	Hot Tea Cakes Date Sandwiches Sultana Cake	Clear Soup Cold Ham and Tongue Tomato and Onion Salad Charlotte Russe
THURSDAY	Cereal Fried Mackerel Stewed Apples	Liver, stuffed and baked Baked Potatoes Runner Beans Bread and Butter Pudding	Shredded Watercress and Red-currant Jelly Sandwiches Seed Cake	Cauliflower Soup Rissoles Apple Fritters Cheese and Biscuits
FRIDAY	Porridge Fried Bacon and Egg Marmalade	Mutton Cutlets Mashed Turnips Fried Potatoes Fig Pudding	Yorkshire Tea Cakes Apple and Ginger Sandwiches Victoria Sandwich	Tomato Soup Steamed Cod with Brown Fish Sauce Fruit Salad Cream Cheese and Biscuits
SATURDAY	Fried Sausage and Tomato Stewed Prunes Honey	Pig's Fry Baked Potatoes Cabbage Stewed Plums and Junket	Wholemeal Bread and Butter Honey Lemon Cheese-cakes	Julienne Soup Fish Cakes Fried Potatoes Apple Snow

Autumn · Third Week

SUNDAY

BREAKFAST	DINNER	TEA	SUPPER
Grapefruit Grilled Bacon and Tomatoes Marmalade	Roast Shoulder of Mutton Braised Onions Cauliflower Roast Potatoes Bakewell Tart	Crumpets Honey Cake Orange Slices	Lentil Soup Fried Croûtons Bloater Roes on Toast Lemon Curd Tart

MONDAY

BREAKFAST	DINNER	TEA	SUPPER
Porridge Boiled Eggs Stewed Figs	*Minestrone Soup* Cold Mutton Beetroot and Onion Salad Apple Dumplings	*Sardine and Cress Sandwiches* Raspberry Buns Oatmeal Biscuits	*Baked Stuffed Haddock* Spinach Treacle Pudding

TUESDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal Cold Tongue or Brawn Tomatoes Honey	Potato and Meat Pie Leeks with White Sauce Semolina Pudding and Stewed Plums	Watercress Sandwiches *Hot Tea Cakes* Maids of Honour Rice Cake	Oxtail Soup (end of the tail) Cauliflower Cheese Steamed Apple Pudding

WEDNESDAY

BREAKFAST	DINNER	TEA	SUPPER
Porridge Scrambled Egg with cubes of Tongue or Brawn Marmalade or Oranges	Stewed Oxtail with Mixed Vegetables Blackberry and Apple Tart	Banana and Lemon-juice Sandwiches Devonshire Cakes Fruit Cake	Steamed Cod with Cardinal Sauce Rice Pudding and Jam Cheese and Biscuits

THURSDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal Grilled Bloaters Honey	Stuffed Vegetable Marrow Sauté Potatoes Cabbage Baked Suet Pudding	Buttered Toast Cress Sandwiches Mocha Cake	Carrot Soup Fried Croûtons Omelette Milk Jelly and Stewed Fruit

FRIDAY

BREAKFAST	DINNER	TEA	SUPPER
Stewed Apples Kippers Marmalade or Honey	Pork Pie Mixed Vegetable Salad Egg Junket and Stewed Fruit	Sardine and Lettuce Sandwiches Fruit Cakes Buns	Potato Soup Baked Fresh Haddock stuffed with Forcemeat Fruit Turnovers

SATURDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal Fried Eggs and Mushrooms Stewed Prunes	Liver and Bacon Cabbage Steamed Potatoes Pancakes with Orange Quarters	Bread and Butter Jam Fruit Cake Sponge Roll	Mulligatawny Soup Fish Cakes and Fried Potatoes Stewed Apples and Custard



Soup, Herrings with Mustard Sauce and Apple Charlotte for Tuesday Supper

Autumn · Fourth Week

SUNDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal Egg Cutlets Stewed Figs	Roast Veal Cauliflower Roast Potatoes Plum Tart	Cress Sandwiches Scones and Jam Victoria Sandwich	Mixed Vegetable Broth Macaroni Cheese Egg Custard and Fruit Jelly

MONDAY

BREAKFAST	DINNER	TEA	SUPPER
Porridge Grilled Kippers Stewed Pears	Slicéd Cold Roast Veal with a Mixed Salad surround Almond Cheesecakes	Fish Paste and Watercress Sandwiches Cherry Cakes Fruit Cake	Herb Soup Braised Celery with Fried Bread Croûtons Spinach Cornflour Pudding

TUESDAY

BREAKFAST	DINNER	TEA	SUPPER
Grapefruit Bacon and Tomatoes Honey	Irish Stew Cabbage Hot Cabinet Pudding	Brown Bread and Butter Honey Chocolate Cake	Onion Soup Grilled Herrings Mustard Sauce Apple Charlotte

WEDNESDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal Poached Eggs on Toast Stewed or Raw Apples	Cornish Pasties Broccoli Stewed Prunes and Semolina Pudding	Date Sandwiches Iced Sponge Cakes Fruit Cake	Mimosa Soup Cheese Tartlets Cauliflower Cream Mould

THURSDAY

BREAKFAST	DINNER	TEA	SUPPER
Porridge Brawn Tomatoes Stewed Apricots (dried)	Calf's Head Parsley Sauce Steamed Potatoes Brussels Sprouts Suet Pudding with Apricot Sauce	Tomato Sandwiches Yorkshire Tea Cakes Orange Slices	Sago Soup Fried Plaice with Lemon Fried Potatoes Apple Snow

FRIDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal Fried Brains Marmalade or Honey	Grilled Cutlets with Julienne Potatoes Cabbage Steamed Fig Pudding and Custard	Egg and Shredded Lettuce Sandwiches Walnut Cake Sponge Cake	Asparagus Soup Braised Calf's Tongue Spinach Mashed Potatoes Cornflour Pudding

SATURDAY

BREAKFAST	DINNER	TEA	SUPPER
Porridge Fried Eggs and Sauté Potatoes Fresh Fruit	Mock Roast Celery with White Sauce Apple Tart Mock Cream	Bread and Butter Jam Gingerbread Marmalade Cakes	Tomato Soup Calf's Head in Jelly Lettuce or Watercress with French Dressing or Mayonnaise Rice Pudding

Winter · First Week

SUNDAY

BREAKFAST	DINNER	TEA	SUPPER
Porridge Bacon Fried Potatoes and Tomatoes Marmalade	Roast Loin of Pork, boned and stuffed Apple Sauce Baked Potatoes Brussels Sprouts Black-currant Tart	Buttered Toast Watercress Sandwiches Queen Cakes	Lentil Soup Fried Croûtons Soused Mackerel Fruit Jelly Cheese and Biscuits

MONDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal Scrambled Eggs Fried Mushrooms Stewed Apples	Cold Pork Mashed Potatoes Cabbage Steamed Fig Pudding Custard	Grated Celery Sandwiches Toast Jam Fruit Cake	Mixed Vegetable Broth Welsh Rarebit Fruit Salad Lady's Finger Biscuits

TUESDAY

BREAKFAST	DINNER	TEA	SUPPER
Grapefruit Grilled Bloaters Honey	Meat Ragout Baked Potatoes Broccoli Pancakes and Orange Quarters	Cress and Shrimp Sandwiches Shortbread Sponge Cake	Celery Soup with Grated Cheese Poached Eggs on Spinach Apple Snow

WEDNESDAY

BREAKFAST	DINNER	TEA	SUPPER
Porridge Fried Bacon and Tomatoes Marmalade	Grilled Fillets of Steak Boiled Onions White Sauce Fried Potatoes Cabbage Bread and Butter Pudding	Scones and Jam Fruit Cake Queen Cakes	Tomato Soup Steamed Hake Caper Sauce Peas (tinned) Apple Fritters

THURSDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal Sausages and Fried Potatoes Stewed Figs	Roast Game Red-currant Jelly Julienne Potatoes Brussels Sprouts Stewed Apricots Blancmange	Wholemeal Bread and Butter Watercress Éclairs Fruit Cake	Carrot Soup Stuffed Tomatoes Spiced Apple Tart Cheese and Biscuits

FRIDAY

BREAKFAST	DINNER	TEA	SUPPER
Porridge Fried Cod's Roe Stewed Prunes	Cold Game Mixed Salad Mashed Potatoes Apple Tart Custard	Tomato Sandwiches Chelsea Buns Jam Queen Cakes	Haricot Bean Soup Fried Dabs Chip Potatoes Stewed Peaches (dried)

SATURDAY

BREAKFAST	DINNER	TEA	SUPPER
Porridge Savoury Omelette Grapefruit Marmalade	Steak Toad-in-the-Hole Spinach Stewed Figs and Custard	Sardine Sandwiches Seed Cake Marmalade Cakes	Artichoke Soup Fried Croûtons Montreal Eggs Ginger Pudding

Winter · Second Week

SUNDAY

BREAKFAST	DINNER	TEA	SUPPER
Porridge Omelette Fried Mushrooms Marmalade	Roast Sirloin Beef Yorkshire Pudding Roast Potatoes Cauliflower Greengage (bottled) Tart and Custard	Hot Tea Cake Watercress Sandwiches Seed Cake	Celery Soup Fried Croûtons Curried Eggs Meringues

MONDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal Sausages and Fried Bread Grapefruit Marmalade	Potato and Meat Pie Brussels Sprouts Apple Pudding	Wholemeal Bread and Honey Tomato Sandwiches Orange Cake	Mulligatawny Soup Potato Croquettes Mixed Salad Stewed Fruit and Junket

TUESDAY

BREAKFAST	DINNER	TEA	SUPPER
Porridge Grilled Bacon and Tomatoes Stewed Prunes	Hashed Beef with Carrots, Turnips and Onions Baked Potatoes Jam Roly-poly Pudding	Honey and Lemon Juice Sandwiches Chocolate Swiss Roll	Lentil Soup Steamed Brill Tomato Sauce Cauliflower Custard Tart

WEDNESDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal Grilled Kippers Marmalade	Boiled Mutton Caper Sauce Mashed Turnips Steamed Potatoes Pancakes with Jam	Sardine and Cress Sandwiches Hot Tea Cakes Fairy Cakes	Green Soup Braised Sheep's Tongues Spinach College Puddings

THURSDAY

BREAKFAST	DINNER	TEA	SUPPER
Grapefruit Fried Bacon and Sauté Vegetables Stewed Apples	Shepherd's Pie Artichokes and White Sauce Rice Pudding with Golden Syrup	Cream Cheese Sandwiches Queen Cakes Fruit Cake	Cauliflower Soup Toad-in-the-Hole Stewed Apricots

FRIDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal Egg Scallops Stewed Figs	Steamed Halibut Shrimp Sauce Mashed Potatoes Spinach Treacle Pudding	Tomato Sandwiches Buns Jam Marmalade Cakes	Haricot Bean Soup Risotto Tomato Sauce Apple Charlotte

SATURDAY

BREAKFAST	DINNER	TEA	SUPPER
Porridge Sausages and Apple Fritters Stewed Prunes	Liver and Bacon Brussels Sprouts Creamed Potatoes Sago Pudding and Jam	Grated Celery Sandwiches Crumpets Vanilla Slices	Tomato Soup Baked Stuffed Herrings Apple Fool Cheese and Biscuits



Porridge, Fried Mackerel and Stewed Fruit make Friday Breakfast



Grilled Cutlets, Potatoes, Cauliflower and Apple Tart for Friday Dinner



Crumpets, Jam and Cream Sandwiches and Cherry Cakes for Friday Tea

Winter · Third Week

SUNDAY

BREAKFAST	DINNER	TEA	SUPPER
Porridge Grilled Gammon Rasher Fried Potatoes Stewed Prunes	Roast Fillet of Veal Bacon Rolls Crab Apple Jelly Leeks Baked Potatoes Apple Tart and Custard	Cress Sandwiches Hot Tea Cakes Angel Cake	Celery Soup Brawn Mixed Salad Trifle

MONDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal Fried Eggs and Fried Mushrooms Marmalade	Cold Veal Mixed Vegetable Salad Potato Croquettes Jam Roll Pudding	Banana Sandwiches Cheesecakes Victoria Sandwich	Mixed Vegetable Broth Cauliflower Cheese Baked Apple Dumplings

TUESDAY

BREAKFAST	DINNER	TEA	SUPPER
Grapefruit Brawn Tomatoes Marmalade	Shepherd's Pie Cabbage Pickled Walnuts Sliced Jam Roll (fried) or Pancakes	Tomato Sandwiches Hot Tea Cakes Marmalade Cakes	Green Soup Kidney or Sausage Toad-in-the-Hole Fruit Salad Mock Cream

WEDNESDAY

BREAKFAST	DINNER	TEA	SUPPER
Porridge Grilled Herrings Fresh Fruit	Stewed Rabbit and Dumplings Onion Sauce Mashed Potatoes Steamed Plum (bottled) Pudding	Cream Cheese and Chopped Celery Sandwiches Scones and Honey	Clear Soup Vegetable Croquettes Spinach Apple Charlotte

THURSDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal Kedgeree Marmalade	Liver and Bacon Mashed Potatoes Carrots with Parsley Sauce Steamed Sponge Pudding	Anchovy and Cress Sandwiches Crumpets Victoria Sandwich	Minestrone Soup Welsh Rarebit Stewed Fruit Crème Caramel

FRIDAY

BREAKFAST	DINNER	TEA	SUPPER
Porridge Fried Mackerel Stewed Fruit	Grilled Cutlets Chip Potatoes Cauliflower Apple Tart	Crumpets Jam and Cream Sandwiches Cherry Cakes	Onion Soup with small Dumplings Spinach Marmalade Tart Cheese and Biscuits

SATURDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal Scrambled Eggs Marmalade or Honey	Grilled Pork Chops Apple Sauce Boiled Potatoes Cabbage Stewed Apples Ground Rice Pudding	Sardine and Watercress Sandwiches Devonshire Cakes Ginger Biscuits	Vegetable Soup Fried Dabs Julienne Potatoes Stewed Prunes Junket

Winter · Fourth Week

SUNDAY

BREAKFAST	DINNER	TEA	SUPPER
Porridge	Roast Turkey	Banana and Lemon Juice Sandwiches	Vermicelli Soup
Grilled Kidneys and Bacon	Boiled Ham or Gammon	Christmas Cake	Fish in Aspic Mould
Stewed Apples	Chestnut Stuffing	Fancy Cakes	Celery
	Plum Pudding		Mince Pies
	Brandy Sauce		Fruit Jellies

MONDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal	Cold Turkey	Cress Sandwiches	Giblet Soup
Cold Ham and Tongue	Crab Apple Jelly	Hot Tea Cakes	Cauliflower au Gratin
Stewed Figs	Mixed Salad	Raspberry Buns	Trifle
	Fried Sliced Plum Pudding		Cheese and Biscuits

TUESDAY

BREAKFAST	DINNER	TEA	SUPPER
Stewed Fruit	Grilled Turkey Legs	Sardine and Watercress Sandwiches	Celery Soup
Finnan Haddock	Chipped Potatoes	Swiss Roll	Fried Fillets of Plaice
Honey	Braised Leeks	Ginger Biscuits	Julienne Potatoes
	Steamed Apple Pudding		Milk Jelly and Jam

WEDNESDAY

BREAKFAST	DINNER	TEA	SUPPER
Porridge	Roast Loin of Mutton	Tomato Sandwiches	Tomato Soup
Croquettes and Fried Tomatoes	Onion Sauce	Scones and Jam	Grilled Ham with Poached Eggs
Stewed Prunes	Cabbage	Almond Cake	Sauté Potatoes
	Baked Potatoes		Fruit Flan
	Black-currant (bottled) Tart		

THURSDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal	Lentil Soup	Date Sandwiches	Mixed Vegetable Broth
Grilled Herrings	Cold Mutton	Crumpets	Steamed Cod
Stewed Apples	Potato and Onion Salad	Orange Cake	Curry Sauce
	Steamed Apple Pudding		Mashed Potatoes
	Custard		Stewed Loganberries and Custard

FRIDAY

BREAKFAST	DINNER	TEA	SUPPER
Porridge	Shepherd's Pie	Buns and Jam	Leek Soup
Brawn	Cabbage	Sardine and Tomato Sandwiches	Fried Croûtons
Marmalade	Jam Roly-poly Pudding	Cherry Cake	Anchovy Eggs
			Fruit Salad
			Rice Pudding

SATURDAY

BREAKFAST	DINNER	TEA	SUPPER
Cereal	Hot-pot	Hot Tea Cakes	Spinach Soup
Omelette	Brussels Sprouts	Cress Sandwiches	Sole Meunière
Stewed Apples and Dates	Milk Pudding and Jam	Shortcake	Fried Potatoes
			Raspberry Blanc-mange and Jelly

Children's Diet

A MOTHER'S greatest gift to her child is good health Careful feeding during the first years of a child's life can ensure the building of a healthy, strong body with a high resistance to disease. On the other hand, the deficiency of one essential foodstuff during early childhood may result in permanent harm

Everyone requires food to maintain health, to provide energy and to repair those parts of the body which are being constantly worn down

Proteins are the body-builders and they repair tissues which are worn down by each and every activity. Carbohydrates and fats provide heat and energy Protective foods give mineral salts and vitamins which protect the body from the so-called deficiency diseases and give that little extra vitality which is needed for perfect health Everybody requires protective foods in ample supply.

Proteins, the Body-building Foods

Proteins are provided by meat, fish, milk, cheese and eggs, and of an inferior quality by potatoes, peas, beans, lentils, nuts and cereals The human body "tears apart" these proteins and builds them up again to make muscle and flesh Animal proteins are more like human ones than those from vegetables, so there is less work and less wastage when they are consumed. Milk and eggs are undoubtedly the best sources of protein, and they are easily digested

THE IMPORTANCE OF MILK

Although milk is mainly a protein, it also contains fat, sugar, vitamins and mineral salts Because it is easily digested it is, therefore, almost a perfect food Small children tolerate milk well and should be given at least one pint a day Half of it should be given as a drink and the rest can be made into jellies, custards or puddings Pasteurized milk should always be bought for children, and if it can be afforded, T T pasteurized milk is safest Tuberculosis and other diseases can be transmitted by milk Pasteurizing kills disease-producing bacteria, which also find milk a perfect food and will multiply to dangerous proportions unless killed by heat For children under two years of age and where there is any doubt about the previous heat-treatment of milk, it is essential to heat it to just under boiling point before use It should be cooled rapidly and stirred whilst cooling, to prevent a skin forming It should then be stored in a clean covered jug in the coldest place possible

If dried or tinned milk has to be used in times of shortage, only full-cream brands should be purchased If this is quite impossible, it must be remembered that skimmed milk lacks fat and vitamins A and D To replace these deficiencies, butter or margarine should be added to the diet.



Some of the foods that are essential to health are fat fish, brown bread and cheese

Small children can take as many as three eggs a week. They are easily digested and contain several essential foodstuffs Some liver, bacon, fish, white meat and a very little red meat can be given with the midday meal. Meat can be roasted, boiled, casseroled or lightly fried or grilled. Fish can be boiled, steamed, baked or lightly fried in dripping It should not be fried coated in batter or otherwise rendered very greasy.

Cheese is an excellent food The old idea that uncooked cheese is indigestible has long since been proved wrong. Grated cheese can be given from infancy onwards

All these foods are primarily proteins, although they have other food values as well.

Carbohydrates and Fats for Energy and Heat

Carbohydrates are sugar, starches and cereals. Bread, cake, biscuits, pastry, sugar and potatoes are all carbohydrates.

Fats are butter, margarine, lard, suet, dripping and oils Fish-liver oils are particularly valuable

For heat and energy your child will need sugar, syrup, jam, honey, bread and butter, fried bread, cakes, puddings, pastry, biscuits and animal or fish fats Cheese, milk, bacon and egg-yolk (which contains fat) also provide energy. Fatty fried foods and highly-seasoned ones should not be given to toddlers. Vinegar, spices and pepper are not appreciated by immature

palates and harm the digestion. Simple foods may be refused if an appetite for seasoning is developed

Until a child is six or seven he should have only easily-digested food. An excess of fat may produce sickness Sugar will "burn" the offending fat and remove all feeling of nausea Rich pastry, cream cakes and butter icing may produce sickness Short-crust pastry, plain fruit or sponge cakes and plain or sweet biscuits are energy-producing Very few biscuits should be given to young children.

Protective Foods containing Vitamins and Mineral Salts

The protective foods are dairy produce, sea-foods and fresh fruit and vegetables. These protective foods contain vitamins which are so important, and so necessary to health, that it may be of interest to explain the functions of some of them

Vitamin A. This helps to prevent infection If it is absent, loss of weight and serious eye-trouble will occur. All green vegetables contain it, so do yellow-coloured fruits and vegetables as well as most animal fats Milk, cheese, butter and oily fish also contain vitamin A Fish-liver oils are a very rich source of this vitamin

B Vitamins. These are vitamins which have several functions. They promote growth, and prevent certain affections of the skin and nerves which are rarely found in Great Britain; they also prevent constipation Yeast extract contains large amounts of B vitamins. There are many good brands of this on the market Egg-yolk, milk, brown bread, vegetables, liver, kidney, yeast and wheat germ also contain it

Vitamin C. This is the vitamin found in fresh fruit and vegetables. The first symptom of a lack of this vitamin is mouth soreness Later, the gums and nose may bleed and the joints become painful Orange juice is an excellent source of vitamin C, and for this reason is strongly recommended for young children Rose-hip syrup, black-currant juice and purée also provide large quantities of vitamin C.

Vitamin D. This vitamin, together with calcium, prevents rickets in young children between eighteen months and two years of age It is also necessary for older children and for adults to keep their bones hard and healthy, and for the formation and preservation of good teeth It is found in summer milk and butter, fish oils and fish roes Sunshine on the skin enables the body to manufacture its own vitamin D As long as the sun is not fierce enough to burn the skin or cause heat stroke, children should be allowed to play in it with as few clothes on as possible If the sun is very hot, some kind of hat is advisable

Children should not be given patent vitamin concentrates unless these are ordered by a medical adviser They will obtain all the vitamins they need if they take orange juice and cod-liver oil, and eat the proper foods at regular meal-times.

Mineral Salts

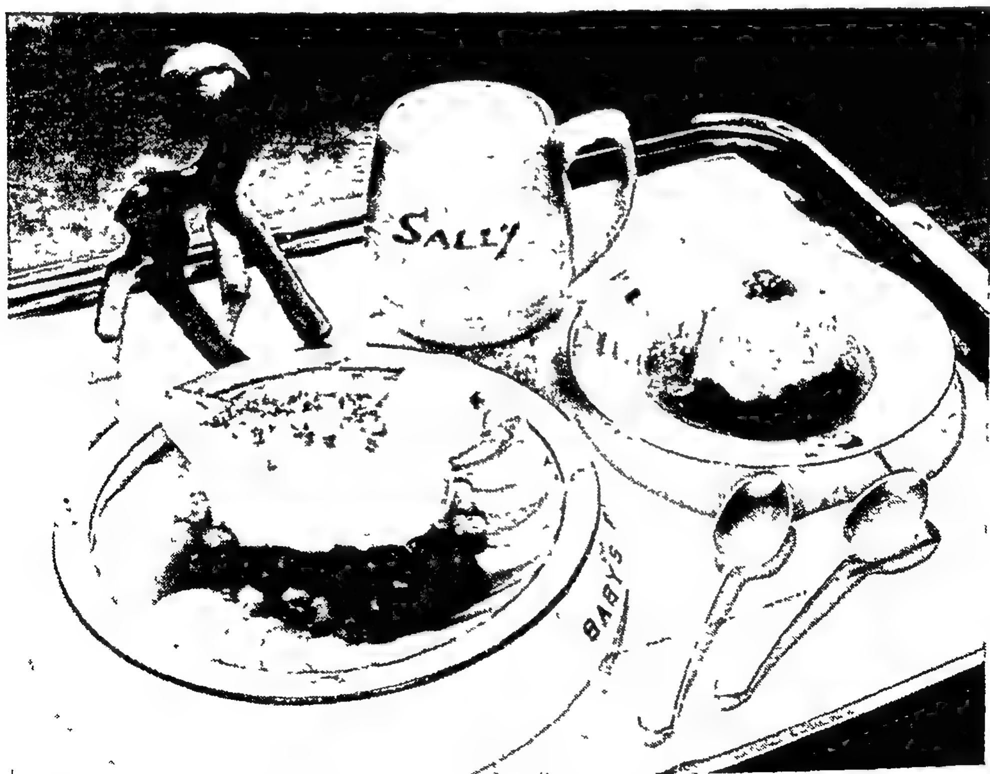
Why they should be introduced into a child's diet

The three most important minerals necessary for health are calcium, iron and iodine Children require a great deal of calcium for the formation of healthy bones and teeth as well as for the heart and blood Milk is a wonderful source of calcium, and it is also found in cheese, eggs and green vegetables. Calcium and vitamin D work together in the diet A sandwich spread as liberally as possible with butter and filled with watercress will give this combination at one meal.

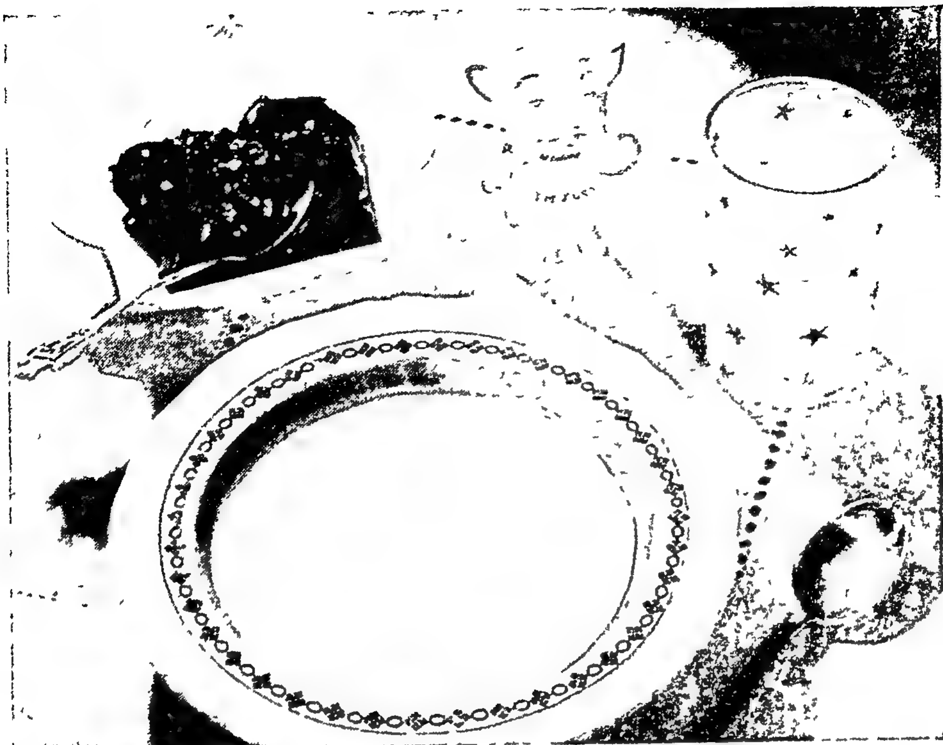
Iron is essential to prevent anæmia, it is found in egg-yolk, green vegetables, raisins, currants, apricots, apples, peaches and liver.

Iodine prevents goitre, and sea-foods contain a great deal of this mineral Eggs, cabbage, lettuce and watercress also contain iodine. Few people suffer from a lack of iodine because it occurs naturally in most soils and is, therefore, transferred to the vegetables grown in them In England, in the Pennines, however, it is absent from the soil and goitre or "Derbyshire Neck" ensues unless the deficiency is made up in the diet.

Salt is also necessary for health. This can be provided for small children by giving them some of the liquid in which meat or vegetables have been boiled Gravy and soups can be made with vegetable water.



Food served amusingly encourages a child to eat Potato can be shaped as a chicken and served with vegetables Rice pudding set in a mould looks pretty



Fruit jelly adds extra vitamins to a junket. Black-currant purée is also good with milk puddings and children love its fruity flavour

Protective Foods

How they should be introduced into a child's diet

Every child should have some protective food *every* day, this should include fish at least twice a week. Fresh fruit, stewed fruits, dried fruits, greens, salads, milk, butter, cheese and fish are all protective foods. Butter, milk and cheese once again!

Children under five should have supplementary orange juice and cod-liver oil to ensure that they have an adequate supply of the very important vitamins A, D and C. These foods should be replaced by fresh oranges, black-currant purée, rose-hip syrup and cod-liver oil and malt when the child is over five. The supply of these essentials should not be allowed to lapse

Margarine is now fortified with vitamins A and D, so that there may be more vitamins in margarine than in butter made from winter milk (when there is little sunshine and hence little vitamin D in the butter). New Zealand butter has a good supply of vitamins A and D because of the sunshine in that country. When children are given a lot of cereal they should have vitamin D as well, so that they can make full use of the calcium present. The addition of butter or margarine to milk puddings, porridge and cornflour custards will ensure this, so will the daily spoonful of cod-liver oil and malt.

Diets for Children Aged One Year to Three Years

A baby lives almost exclusively on a milk diet It should never be exclusively milk, because the orange juice and cod-liver oil always prescribed for babies are really essential to prevent deficiency diseases from developing.

When a baby is first weaned it cannot digest a full mixed diet and cannot masticate hard foods properly The mother has to teach the child to use its teeth and to enjoy new foods This process must necessarily be done gradually. Only very easily digested and nutritious foods should be given. Milk should still form a large part of the daily food. At one year old a baby needs one and a half to one and three-quarter pints of milk, and from eighteen months onwards it needs at least one pint If an extra half-pint can be spared the child should have it

Infant welfare clinics give advice on foods—both quantity and quality The highly-qualified staffs of these clinics are always well informed on the latest dietary research and should be consulted whenever any difficulty arises They will give every mother details of the food her child requires and she should adhere to the suggested diet, the broad principles of which will usually be similar to the ones discussed here. Some clinics advise that all milk given to children up to two years of age should always be scalded to just under boiling point After that age, unheated tuberculin-tested and heat-treated milk can be given to young children, but other milk should always be first heated to just under boiling point Extreme cleanliness and strictly regular meal hours are very important.

Babies are accustomed to waking early and often do so when they are a year old. This is a good opportunity to give the morning glass of orange juice with sugar in it (made with warm water).

Breakfast should be at about eight o'clock and consist of half a pint of warm milk and some baby food or groats made with milk. A lightly-boiled yolk of egg can sometimes be given as a substitute for the baby food A finger of fried bread should also be given at breakfast time, to encourage mastication and to help the baby cut its teeth. A teaspoonful of cod-liver oil is generally given immediately after breakfast, but it can equally well follow the midday meal.

After a four-hour interval the next meal is lunch. At noon the child should be given veal broth whenever possible, with sieved vegetables in it. Carrot, swede, cabbage, cauliflower and spinach can all be cooked with the veal bone and then sieved If the broth is too thin, it can be thickened with a few breadcrumbs or a small potato—but children should have very little potato at this age. Beef gravy or thickened beef tea can be given in place of veal stock. The usual quantity of vegetable purée is one teacupful (eight ounces), and ideally it is thick enough after sieving not to require the addition of any thickening agent After the broth, give the baby a milk pudding made with semolina, custard, cornflour, or other fine starch. Four tablespoonfuls



Broth, sieved vegetables and milk puddings make a good lunch for a small child

(four ounces) of this pudding are sufficient. Fruit pulp can be mixed with milk puddings, but to begin with fruit should not be given every day. At one year old a child can have steamed fish twice a week, but no meat should be given for another six months.

At four o'clock a child should have half a pint of warm milk, together with bread and butter and jam. Yeast extract can replace jam once or twice a week. Sponge fingers can also be served at tea-time.

If a child awakens at 10 p.m., another glass of warm milk can be given but this should gradually be omitted. The child should not be woken from sleep for this drink. Once this evening drink is dropped a little extra milk should be given at breakfast and tea-time to make sure that the full daily requirements are taken.

The food given to a one-year-old should be sufficiently moist for him to eat it with a teaspoon. As soon as he asks to hold (or to help to hold) his own spoon and glass he should be allowed to do so. In this way he can be taught the rudiments of good table manners at a very early age and will also learn to be independent.

The next landmark in a child's life is the addition of meat and bacon to its diet at the age of eighteen months.

Breakfast should consist of a quarter-pint of milk as a drink and another quarter-pint with a starchy food, together with the finely-chopped fat of fried bacon and a piece of fried bread. An alternative to bacon is a piece of white fish or an egg. The egg should only be lightly cooked.

At noon the meal is augmented by a dessertspoonful of finely-cut white meat As the child grows older the quantity of meat can be increased until at the age of three it is eating about two ounces each day Sieved vegetables can gradually be replaced by a small amount of chopped potato and larger quantities of chopped root or green vegetables. Gravy should be mixed with the meal to moisten it. Fish can be given in place of meat, preferably steamed white fish. This can be served with a little white sauce to moisten the vegetables Puddings suitable for children of eighteen months to three years of age are milk moulds, milk puddings, stewed fruit and very plain steamed or baked puddings with custard sauce. With this meal children should have water to drink. The daily glass of orange juice should not be discontinued Drinks of water are additional.

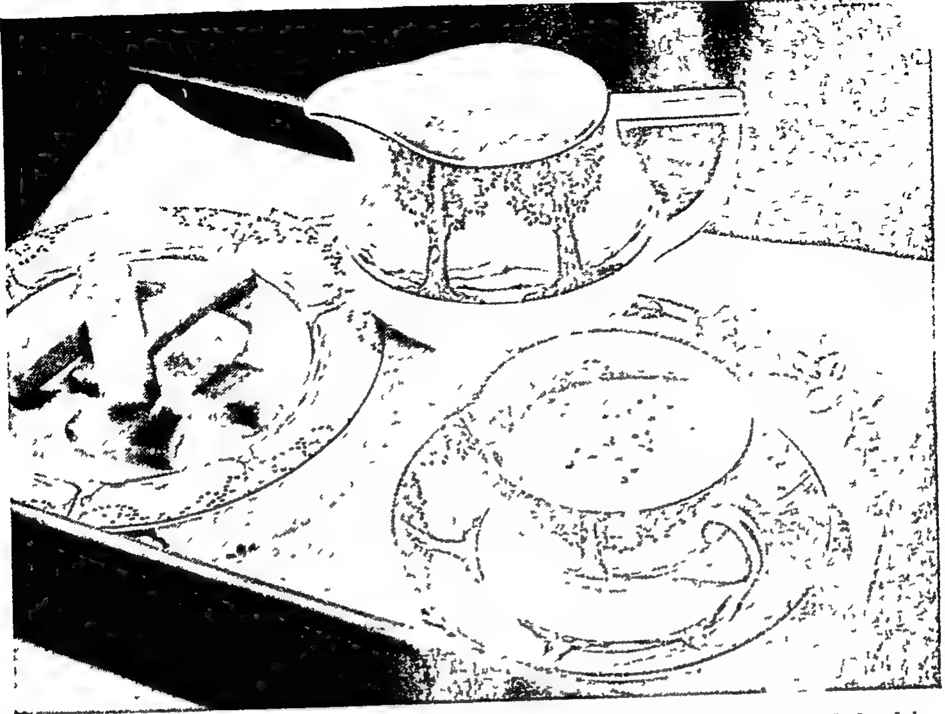
Tea remains the same as for a one-year-old. At first only sponge cake should be given, but children of three may also have plain cake or a few biscuits Biscuits should not be given at all to children under two.

After eighteen months the daily nourishment should be given in three meals and the nine or ten o'clock evening glass of milk discontinued However, a restless child should not be denied food if he awakens at this hour A milky soup or thin veal-bone soup can be given in bed as long as the child demands it

Daily cod-liver oil is most essential to provide the vitamins A and D which are only found in really large amounts in these liver oils. Occasionally a child is found who does not enjoy cod-liver oil To camouflage the flavour a preparation containing malt can be substituted for pure oil Alternatively, the oil can be used to make white sauce or substituted for margarine in cooking fish dishes.



Mashed cooked fish and steamed sponge pudding make a good noon meal



Rusks can be made easily at home, their crispness helps to keep small teeth healthy. Serve with a hot drink of cocoa, chocolate, or just plain milk

As soon as children have teeth they should be given apples At first the apples must be peeled, cored and cut into small dice, but as the child grows accustomed to feeding himself he can be given large sections of peeled fruit These can be eaten just before bedtime Toast, fried bread and rusks (made by drying slices of bread in a very slow oven) are also excellent crisp foods for small teeth to bite on.

Intervals between meals should be regular and not too long Four hour is usual When the child is old enough to run about and is actively occ[illegible] all day long he should have something to eat in the early evening be[illegible] bedtime Warm milk or milk flavoured with cocoa or chocolate, p[illegible] crisp rusk, biscuit or sponge finger and an apple or orange, will pr[illegible] hunger before breakfast time

From the age of eighteen months to three years a child should have increasingly large amounts of food, the quantities being increased with the child's appetite Meals by this time are assuming the general outline of adult diet, and from three years onwards a full mixed diet can be given with the exception of highly-seasoned and rich foods Easily digested meals should be the rule. It is a mistake to give children unsuitable foods as rare treats because they will not appreciate their own plain fare afterwards. To the very young an extra slice of plain cake gives great pleasure. Unless a child tastes chocolates and highly-flavoured foods he will not want them. Sweets are not to be advised for children under five. If a child has an occas onal sweet as a special treat it is best to give plain boiled ones.

Diets for Children of Three Years and Over

Children of three have reached the age when a full mixed diet can be given, and the more varied their diet can be made the better it will be. If a child is given a great variety of food it is almost certain that its diet will contain all the essential foodstuffs.

When preparing meals for toddlers, simplicity should be the rule. The more plainly food is prepared and served the better it is for the child; foods which can be served raw are always beneficial. It is not necessary for a mother to cook separate meals for a child of three or over. For breakfast a child can be given a boiled egg, or a piece of fried bacon and fried bread, or some fish, then toast and butter and fruit, with milk to drink. Cod-liver oil and malt should finish the meal. Raw apples, toast and fried bread are good for the teeth. Firm foods which require mastication are better than continual soft, pulpy foods.

Orange juice or other fruit juice can be given in the middle of the morning with fresh fruit or a biscuit.

Unless twice-cooked or highly-seasoned food is being served for lunch the child can have some of the family meal consisting of plenty of freshly cooked green vegetables, potatoes, gravy and quite two ounces of meat or fish. A salad meal can equally well be served. For pudding the child can have fruit with egg or custard powder sauce or any plainly-made steamed or baked pudding.

At teatime a child should have milk again, together with sandwiches made with grated cheese, watercress or lettuce. Bread and butter with honey or jam and plain or sponge cake may follow the sandwiches. Bananas or fruit jelly can also be given at teatime, so can a fruit salad or dried fruits.

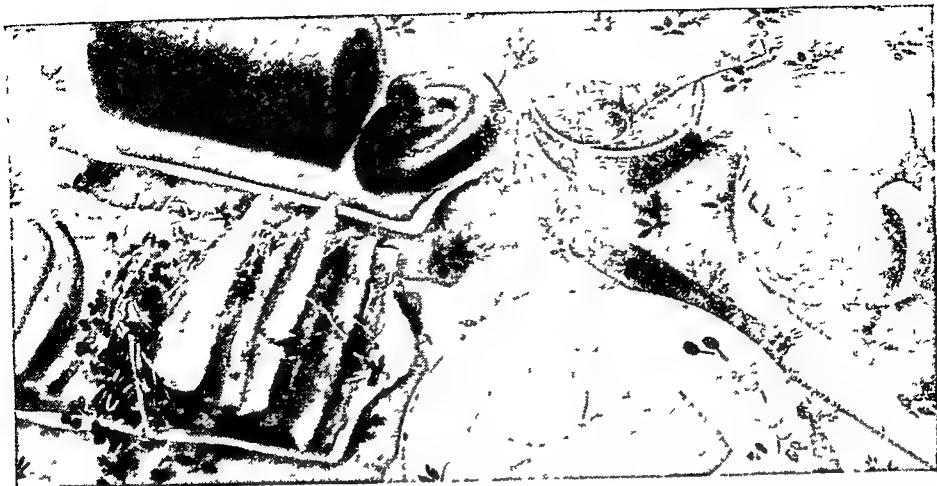
At bedtime any milk remaining from the day's quota can be given with fresh fruit or a biscuit. In this case the milk can be made into hot cocoa or chocolate. Alternatively, a fruit drink can be given.

Regular meal hours are *most* important. Indigestion may be caused by irregular meals as much as by the wrong foods. Five small meals are better for children than three large ones with a long gap between each. Small children are so active that they quickly use up their energy and require more food to supply more energy.

Fresh fruit can be allowed at any time except after the teeth have been cleaned at bedtime.

Sweets should be given after meals. It is not good for the teeth to be bathed constantly in a sugary saliva or decay may ensue. Boiled sweets are by far the best as they leave no residue in the mouth. More elaborate confections frequently leave scraps between the teeth. Chocolate, especially milk chocolate, is nutritious but should be given immediately after a meal. An overdose of sweets at odd moments will spoil appetites at mealtimes.

The quantity a small child eats can usually be left to its own discretion. If a child is taught not to be a food fad and comes to each meal with an unimpaired appetite, it will eat just as much as it needs. If a child in good



An ideal child's tea—cress sandwiches, bread and butter, jam, cake and milk

health becomes difficult and plays with its food it should not be fussed and offered alternatives. If it is, it will then take pleasure in being the centre of interest and attention and will make a habit of the practice Let it leave the table and do not fill it up with sweets Wait until the next mealtime and a healthily hungry child will come to the table and eat well No child will starve itself If a child refuses to eat until it loses weight, or if its food causes sickness or a skin rash, there may be a definite allergy to a certain food In this case the doctor should be consulted

It is unwise ever to let a child hear its parents say they do not like certain foods It is natural for children to like practically everything they are given, even if their parents dislike it! It will cause much future trouble if a child is allowed to start whims and fancies Remember that children do not need high flavours and seasoning to make their food appetizing New foods can frequently be made acceptable by mixing them in gradually increasing quantities with something which is already familiar

Constipation should be avoided Plenty of fresh fruit, vegetables and uncooked foods will prevent this However, if a child becomes constipated the condition must not be allowed to continue Wise feeding should obviate the harmful and pernicious habit of regular "dosing"

Many dietary surveys have been carried out by scientists in an effort to determine how much food is necessary for people in different age groups and occupations The results, so far, have shown that requirements for energy-producing foods vary with individuals In one instance a four-year-old girl ate twice as much each day as another child of the same age and sex This seems to prove that hard-and-fast rules cannot be laid down If every mother provides her child with plenty of protective foods and an adequate supply of proteins, she can leave her child to decide how much energy-producing food it needs It is the protective foods and body-building foods which are the vitally important ones The child will then take sufficient energy-producing foods of its own accord.

Diets in Illness and Convalescence

The Importance of Food

IT CAN SAFELY be alleged that any patient who spends some time in a hospital or nursing home will say on his return home "the food was marvellous" or "the food was appalling." To anyone who is suffering ill-health food is of absorbing interest. In some cases this interest lies in the desire for good food well cooked, in others it is a dread of yet another unappetizing concoction which must be endured. The provision of the correct food, well cooked, can hasten the recovery of any patient. Unfortunately, the wrong food can delay recovery and may do definite harm to the patient.

At some time during her life almost every woman finds herself responsible for the catering during illness.

There are many gastric and internal disorders which require "special" diets. When one remembers that highly-qualified dieticians, working with the medical staff, are responsible for these diets in hospital it will be seen that the unqualified cannot be expected to cater for such patients without medical instruction Indeed, it is dangerous to attempt to do so. If such a case arises in your home, do ask the doctor for minute and exact instructions. Fortunately, cases of this kind are frequently nursed in hospital and the home nurse is, therefore, very much more likely to have mild illness or convalescence to cater for.

Any illness weakens the body and careful feeding is necessary to restore the patient to health and strength.

In order to feed a patient correctly it is necessary to know the foods he normally requires and the modifications which should be made during the time his health is impaired.

The normal diet contains proteins which are used for growth and the maintenance of body tissues. It contains carbohydrates (starches and sugars) and fats which provide the calories required for heat and energy. Proteins will also supply some heat and energy.

Vitamins (A, B_1, B_2, C and D are the most necessary) and several mineral salts are essential in order to promote growth and appetite and to maintain good health. If these "protective foods" are not provided in sufficient quantities the body cannot remain completely healthy and resistance to disease is lowered. They are vitally important during illness, whether slight or severe.

Water and roughage are the other two essential requirements. Roughage is provided by the indigestible parts of fruits and vegetables, gristle of meat and bran from cereals. Its passage through the alimentary canal facilitates the excretion of waste matter.

In cases of diarrhœa and certain intestinal disorders, roughage should be withheld temporarily.

Water is taken as drinking water or in the form of fruit drinks, tea, coffee, fresh fruit, vegetables and milky puddings or beverages.

Ill-health affects the body's needs of all these foodstuffs.

The first need of an invalid is body-building foods. The use of protein in the body is not reduced by ill-health, and in severe infections an increased amount of protein is essential Furthermore, most illness causes a wasting of the body and this must be made good by protein in the diet. Milk, eggs, cheese, fish and meat provide the best sources of body-building foods. If they are not plentiful in the diet of the invalid he will not grow strong. White meat and poultry are given until the patient is nearly well. They are more easily digested than red meat

When a patient is lying in bed or resting in a chair, he needs less energy-producing foods than when he leads an active life. It is possible, nevertheless, to find patients who are suffering from fractured bones (and who do not feel ill) eating their normal quantities of food and putting on a considerable amount of fat since they take no exercise to use up their energy. This state of affairs should be avoided at all costs, as the extra weight will put a great deal of unnecessary strain on the injured limb when the patient is able to walk about again.

On the other hand, any disease accompanied by high temperature or fever causes the body's energy to be used up excessively quickly. Such patients need more calories from energy-producing foods than a healthy man or woman. The old adage "starve a fever" has been proved grossly wrong, and in spite of the fact that the patient is lying in bed he needs more food than his nurse.

The amount of fat and carbohydrates given to a patient should be increased or decreased according to his energy needs The proportion of fat to carbohydrate depends largely on the taste of the patient himself. Fat is useful



Bedside drinks should be kept covered with a cloth or a small plate

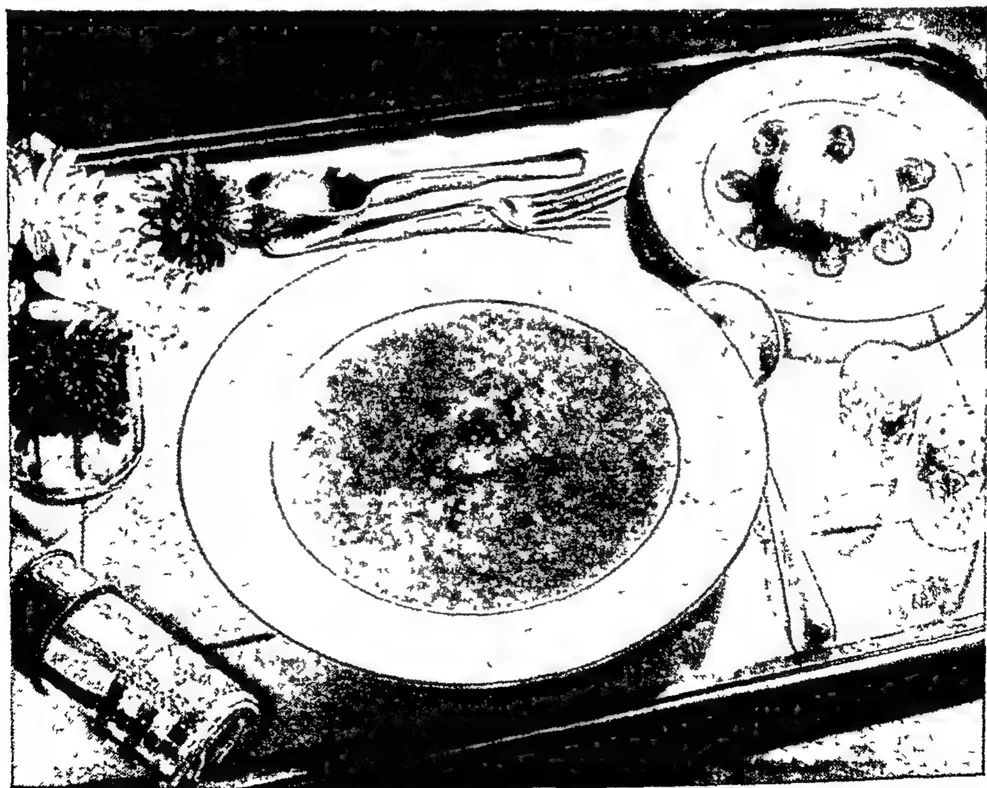
as an energy-producing food because it does not increase the bulk of the diet. Too much fat must not be given in cases of sickness and where there are certain digestive disturbances, or when there is very little carbohydrate in the diet Too much fat given to a patient without an adequate amount also of starch or sugar causes nausea

Fat can be increased in any diet by adding cream to sauces, soups and milk puddings. Butter can be added to cooked vegetables, milky puddings and sauces. There is a brand of cod-liver oil on the market which is practically tasteless and a little of this oil in sauce served with fish will increase the calories as well as vitamins A and D.

Because starchy foods are bulky and many patients have poor appetites it is easiest to give carbohydrate to invalids in the form of sugar. Appetites jaded by ill-health do not welcome steamed puddings in large quantities Extra calories can be introduced into the diet by sweetening puddings, milk drinks and fruit juice.

Glucose is less sweet than cane sugar, so that large quantities of glucose can be added to foods without rendering them unpalatable. For a patient who does not like sweet fruit drinks, a little lemon juice can be added to the glass and the sickly sweetness will be removed.

Very great care should be taken to ensure that every patient receives an adequate amount of vitamins and minerals. A high-vitamin diet is most essential to a convalescent after any illness, severe or slight.



Cream can be added to soups and sweets to make them more nourishing for the invalid

As most invalid diets contain a great deal of milk, the patient will receive an appreciable amount of calcium and vitamins A and D as well as some vitamin C. However, it is necessary to supplement these dietary essentials from other sources Sunlight on the skin will promote the production of vitamin D by the body, and it should be remembered that ordinary window-glass will not allow the ultra-violet rays to pass through As it is these rays which are essential for the formation of vitamin D, the patient should lie or sit in the sunlight beside an open window when the weather is good The fresh air will promote appetite as well As soon as the invalid is well enough he should spend some time out of doors

Butter, eggs, fruits and vegetables will supply the deficiency of vitamins A and D, and mineral salts should be given in as great quantities as can be managed

Fresh fruits, especially black currants, oranges and lemons, should be given whole or squeezed to provide a fruit drink which will contain a large amount of vitamin C. Rose-hip syrup is a good source of this vitamin, and may be used as syrup in cooking or may be diluted with water to give a fruit drink Vegetable salads and some fresh fruits also contain vitamin C. Large quantities of this vitamin are needed by the body during fevers and certain other diseases It has also been claimed that wounds heal more rapidly if the vitamin C content of a diet is increased considerably.

Fresh orange or lemon juice added to cooked and canned fruits, pancakes and fish dishes will increase the vitamin C content

The B vitamins are the ones which are in short supply in most invalid diets They are important for two reasons—they increase appetite and reduce the incidence of constipation. The many yeast preparations on the market contain the vitamins in a very concentrated form and are not so bulky for the patient to take as cereal products, although some of them contain a high proportion of vitamin B Yeast preparations can be added to gravies, sauces, soups, spread on toast or sandwiches and used to flavour egg dishes

The Importance of Fluids

Fluids are very important during illness and it is often difficult to persuade patients to take the large volume they require. Every possible means should be used to ensure the patient drinks a sufficient quantity of liquid.

A fluid diet is prescribed in certain cases and may contain barley-water, milk, soup, fruit juices and sometimes jellies made from fresh fruit or (less satisfactorily) bottled fruit squash Calves-foot jelly and packet cubes or crystals may be used Where possible all these fluids should be sweetened to provide energy Some eggs may be allowed.

Milk is often tolerated badly and the patient will find it more acceptable if it is diluted with water or soda-water. It may be flavoured to lighten the monotony of the diet. Tea, coffee, flavoured milk drinks, flavouring essences, meat or yeast extracts will provide a variety.

Small quantities at two-hourly intervals are better than trying to persuade



Milk jellies are appetizing and nourishing This is a good way of serving milk when a certain quantity must be taken and plain milk is refused by the patient

a patient to drink a large amount at less frequent intervals. Unless the doctor has forbidden it, the fluids may be served hot or cold and ice will greatly improve the cold drinks. Five ounces milk and two ounces water are the usual quantities for one drink Cream may be added if the patient can tolerate it

From the foregoing notes it can be seen that the needs of an invalid are closely allied to those of a small child—plenty of body-building foods, vitamins, mineral salts and fluids, with sufficient energy-producing foods to make up the calorie requirements.

The patient, like the infant, needs his food in a concentrated, easily-digested form until he is well enough to be capable of digesting bulk.

The diets usually recognized are as follows :

1 **Special Diets**—prescribed in detail by a doctor.

2 **Fluid Diet**—the quantity prescribed by the physician. Fluids are generally given every two hours from 6 a m until midnight. Frequently, five ounces milk are given at each feed, but this may be increased under medical advice. It is usual for two pints of milk to be given during every twenty-four hours Milk, fruit juices, ginger-ale, vegetable soups and occasionally an egg comprise this diet Cream may be added to some drinks and the milk given as coffee, tea, or in other beverages.

3. **Soft Diet**—meal hours as for the fluid diet. Semolina and fine grain milk porridge and puddings, fruit purée, egg custards and thin bread and butter are added to the fluid diet in quantities advised by the doctor.

4. **Light Diet**—early tea with biscuit or bread and butter on waking. Breakfast at 8 30 a m , consisting of grapefruit or other fruit, cereal, egg, toast, butter, and marmalade, with tea or coffee to drink Mid-morning fruit drink sweetened with glucose and served with a biscuit.

Dinner at 1 p m, consisting of fish, chicken or veal, with potatoes and vegetables. Brains, sweetbread or rabbit can be given. A light pudding and fresh fruit or fruit juice complete the meal. Bread or toast may be added if required. At teatime bread and butter is given with jam, yeast extract or a little salad. Plain sponge or madeira cake may follow with milky tea to drink.

Supper at 7 p.m generally contains creamed vegetable soup or a vegetarian dish (avoid meat twice a day until the patient is well). A milk pudding, hot or cold, follows. Toast made from brown bread (for roughage and vitamin B) can accompany this meal.

At ten o'clock a milk drink is given

All these diets are for a patient who is ill When convalescence is reached the light diet is gradually replaced by a full diet, avoiding indigestible and rich foods such as pork, pickles and twice-cooked foods.

Fluid diets are used in severe illness and high fever. Soft diets generally follow fluid diets, as the patient becomes stronger. Light diets are given when recovery is still further advanced In cases of slight indisposition it may not be necessary to use any other than a light diet.

In many ways it is wise to treat invalids as one treats children. They spend long, idle days and easily become bored with themselves. Encouragement will be repaid by improved appetite. Display pleasure when a meal has been eaten and a second helping may be requested



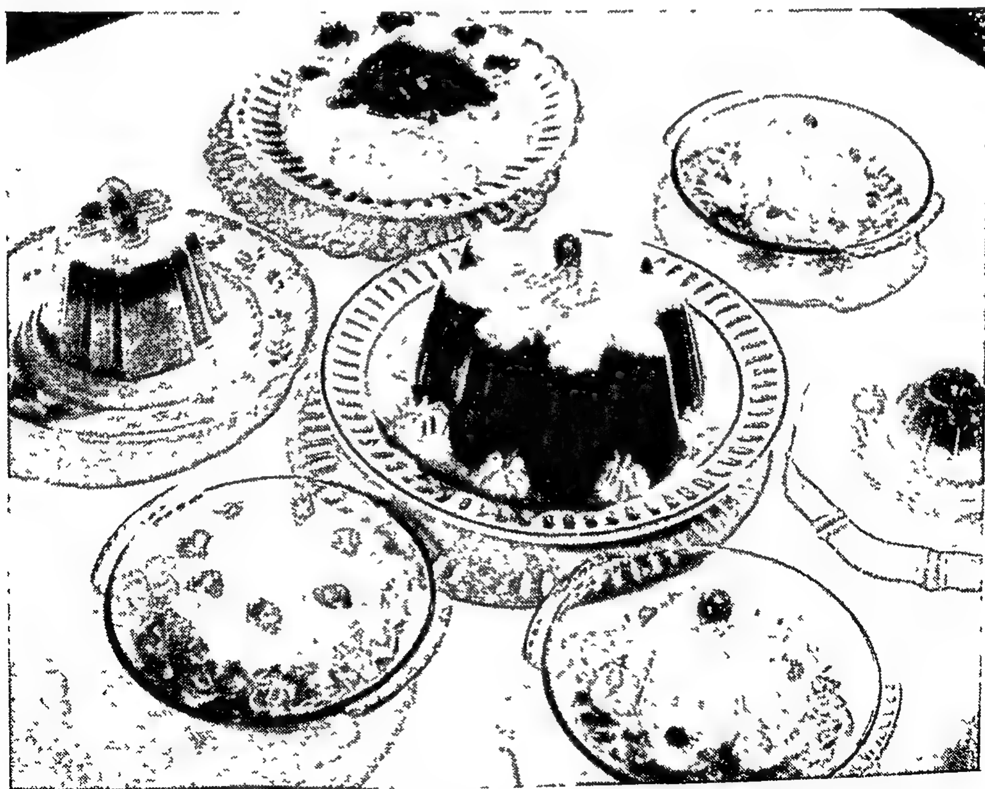
Steamed fish and vegetables for a light diet, served attractively on a tray with a few flowers. A glass of milk completes the meal

The treatment of the patient is half the battle. Make it a matter of interest and importance that the patient is given foods he likes. Be overjoyed when he eats well. Little surprises of favourite foods and flavours will give the patient infinite pleasure. An invalid (unlike a child) can be pandered to. Every possible method of coaxing can be used to improve an appetite. Anxiety often destroys appetite and an effort should be made never to alarm or distress a patient and to allay any fears, real or imaginary, which he may have.

To the healthily hungry adult it is sometimes difficult to realize how important food is to someone who has little else to think about or to do. Take care that the patient never learns to dread his meals A lukewarm, insipid meal which is tremendous in bulk, will discourage any attempt on the part of an invalid to eat Too much stress cannot be laid on the importance of the attractive serving of food

Meal hours should be strictly regular. Frequent meals keep up the "blood-sugar level" and prevent the patient growing cross and tired

If a meal is served early, there will not be a good appetite and little will be eaten. Consequently the patient will be hungry long before the next meal is due If food is served late, the patient will be hungry and probably out of patience He will, doubtless, be watching the clock and every minute's delay will be tedious A fractious patient may easily suffer from indigestion



Different kinds of moulds look attractive, and give colour and variety to an invalid diet. They can be decorated with cream or chopped jelly

The appearance of food can make or mar appetite Trays should not be heavy to hold and should be set with attractive linen and china As often as possible the china should be changed A flower laid on the tray will be appreciated tremendously Tall and insecure vessels should never be used. A patient should not have to concentrate on holding a glass steady whilst eating its contents The food should be prepared so that it can easily be divided and eaten with a fork or spoon

The Presentation of Foods

The colour of each meal should be as varied as possible. If white fish is served, add carrots or peas to improve the appearance of the plate If white vegetables such as parsnips or turnips are used, the sauce accompanying the fish should contain chopped parsley, or a sliced tomato should be grilled and placed on the fish

Milk puddings should be coloured and flavoured differently each day and set in individual moulds, a melba glass or a small pie-dish on different occasions A mould shaped as an animal will arouse amusement and may be eaten without complaint instead of arousing criticism because it is "milk-pudding again"

Variety should be introduced in the texture and temperature of the foods served in each meal A macaroni cheese should never be followed by a soft semolina pudding A fruit salad and cream will afford a good contrast

A hot food should be served piping hot By the time it has been carried to the sickroom and the patient has toyed with it the meal will be unpleasantly cold, unless it left the kitchen at a high temperature

Cold foods should be iced if possible Fruit and milk drinks should have an ice-cube added to each glass. Salads and fruit salads are improved if they are chilled before serving

Ice-cream is an excellent and nutritious food, which is usually well received A reputable brand should be purchased, or it is better still if it is made at home with milk, cream, eggs, sugar and flavouring.

A hot and cold dish should alternate, where possible, to increase the interest of a meal

Flavours should be as varied as possible If potato soup is served it should be followed by something with a clear flavour. Cheese salad or fish with lemon will be sufficiently distinctive After a salad a rice pudding would be appropriate Fish could be followed by a compote of fruit and ice-cream

A smooth fish pudding (made from flaked cooked fish mixed with white sauce) would contrast well with jelly made from a sharp-flavoured fruit such as pineapple, lime or lemon

Anchovy toast, baked stuffed tomatoes or cheese and biscuits can form the savoury at the end of a meal which has been mild in flavour

It should be remembered that meat extracts have practically no food value. Their chief use is as a stimulant to the appetite As an aperitif before a meal they will stimulate the flow of digestive juices. They can be served either half an hour before the meal or as a first course (in place of soup)



Vegetables in a cheese sauce are good food value. The appearance is very much improved if they are decorated and garnished attractively

provided that the remaining courses contain sufficient food to assuage hunger when the extract is neglected. Beef tea falls into this category. Toast is generally served with such hot beverages.

The appearance of raw beef tea is sometimes repulsive to an invalid and the use of a red glass will often detract from its bright colour Similarly, the appearance of raw liver is frequently displeasing to a patient who has to eat it. The best way to serve it is to chop the liver finely and make it into sandwiches with a little watercress If the doctor permits the use of a few drops of mushroom ketchup or other sauce the flavour will be less apparent

Although flavours should be good there should never be an excess of seasonings in invalid foods. Pickles should also be avoided, as they may impair digestion.

No smoking should be allowed during the hour preceding a meal as it blunts the appetite. It is permissible after a meal unless the doctor forbids it.

In some cases invalids develop flatulent dyspepsia Permitting fluids only between meals and never with them will alleviate this condition, as will a rest before each meal.

Any attention a patient requires should be given a while before the meal is served to allow time for complete rest. Before the tray is carried into the sickroom the patient should be placed in a comfortable position in which he can easily eat his meal Extra cushions or pillows should be inserted behind

those he is using to prop him up securely. If the weight of the tray is distressing a bed-table should be purchased or hired

There should be fluids beside a patient at all hours of the day and night Sweetened fruit drinks (iced and covered to keep out dust) are the most suitable to leave Hot drinks may be served at regular intervals

Small portions of food should be given so that the patient will feel the meal is not too large for his appetite A second helping should always be available upon request and is more likely to be eaten than if it is put on the plate at the commencement of the meal An over-full plate is discouraging.

Some cheese can be given to invalids if it is in a digestible form. Provided that it is not over-cooked there should be no difficulty in digesting it Grated raw cheese with a small salad (also finely divided) is an acceptable meal White sauces may have grated cheese stirred into them just before serving Provided that the cheese is not allowed to cook in the sauce while it is being brought to the boil, there is little likelihood of its being indigestible. Cauliflower, leeks and other vegetables may be coated with cheese sauce as a supper dish Breadcrumb mixtures with grated cheese added are suitable for invalids Cheese has a flavour which adds a pleasant variety to invalid food and is a very nutritious food

Soups are used either to stimulate appetite (beef tea and meat extracts) or to form a valuable addition to the diet when made from vegetables cooked in meat stock, vegetable water or milk and then sieved. Before serving, a little cream or butter may be added to improve both flavour and food value Ground rice or other fine starch may be used for thickening and will improve the calorie value of the soup.

The Importance of Fruit and Vegetables

Fruit and vegetables, both raw and cooked, are indispensable to supply minerals, vitamins and roughage. Raw fruits contain more vitamin C than cooked ones. Green vegetables should not be overcooked and may be tossed in melted butter before serving. Root vegetables (excluding potatoes) can be cooked in a casserole with a very little water (three tablespoonfuls to a pound of vegetables) and some butter or dripping If cut into thin, neat pieces and simmered gently, they cook quickly and retain the maximum amount of flavour and food value The liquid in the casserole may also be served Chopped parsley sprinkled over the vegetables before serving will improve the appearance of the dish and add vitamin C.

A little sugar may be sprinkled on sweet vegetables such as beetroot, peas, carrots and parsnips to accentuate their natural sweetness and to increase the calorie value of the diet

Puddings and cakes supply carbohydrate and fat, but little protein Milky puddings give mineral salts, vitamins and protein as well.

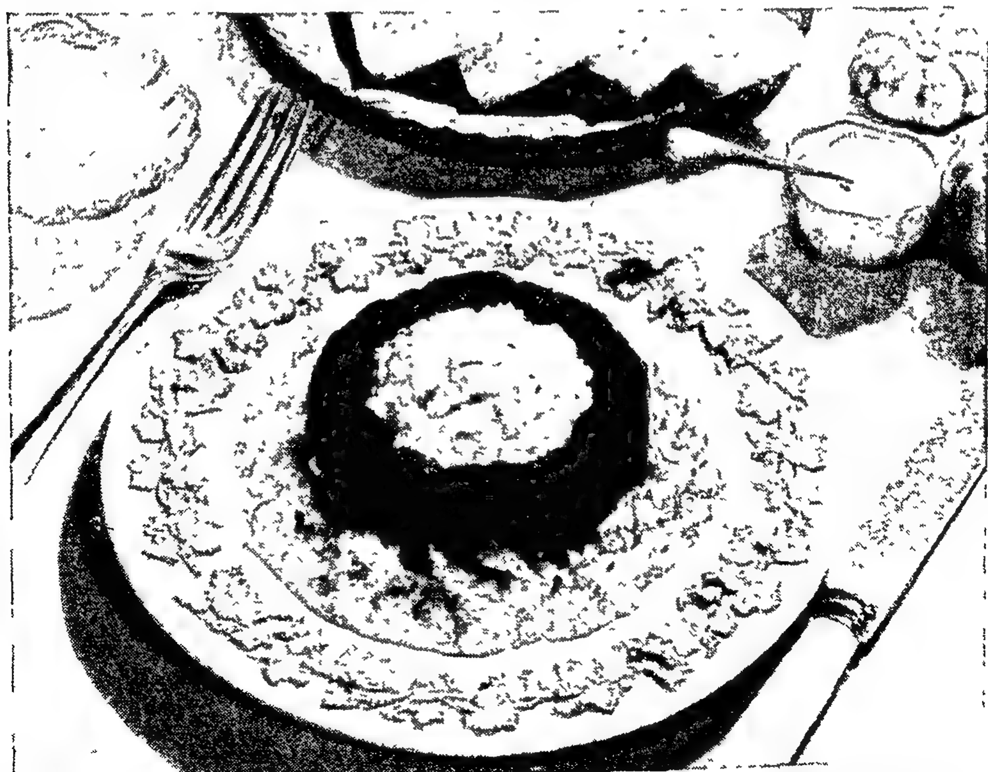
Milk, cheese, eggs, fish and meat all give protein and should be lightly cooked. Twice-cooked food is not advisable in invalid cookery as it may easily become hard, tasteless and indigestible. However, white meats may be

served a second time if they are cut finely and stirred into a cooked white sauce (with cream, if possible, and a few drops of lemon juice) and allowed merely to heat through before dishing Most white fish has approximately the same food value, so that cheaper varieties are satisfactory, provided that the flavour is improved by serving with a parsley or anchovy sauce or with mushrooms and tomatoes. It can also be served in the same way as reheated meat.

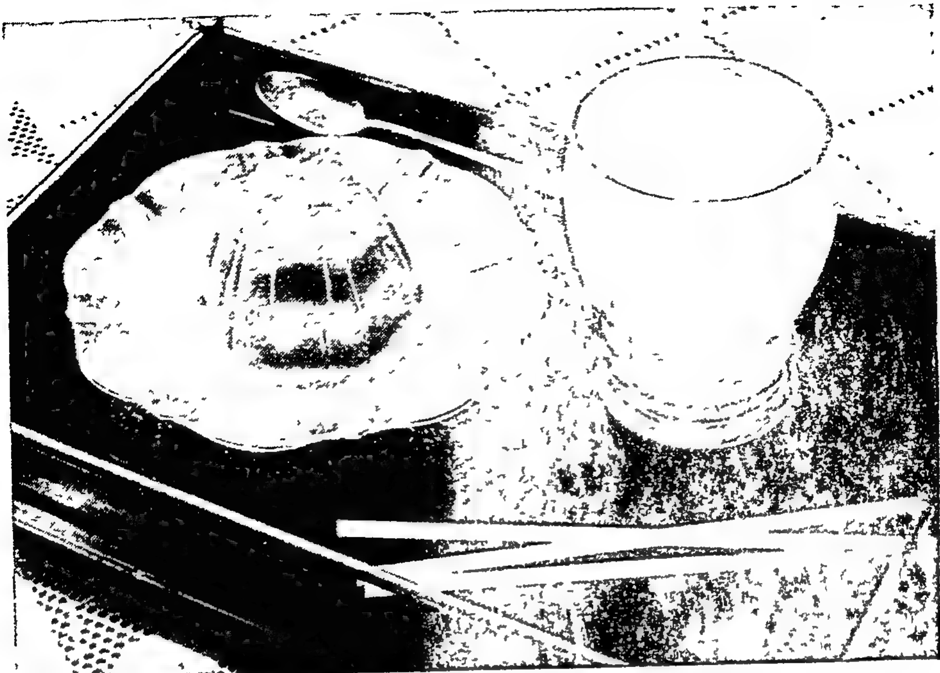
An invalid will be grateful if the skin and bones are removed from fish before it is sent to the sickroom. Small bones are tedious when one is not well and may destroy the appetite on future occasions. The instructions for skinning and boning fish will be found on pages 82–3.

Eggs are valuable because they are nutritious and can be served as sweet or savoury dishes as an alternative to boiling, poaching or steaming When scrambling them, diced cooked meat or fish may be stirred into the raw egg and heated through as it cooks. Cheese or yeast extract may also be added and the egg served with toast or bread and butter Sieved, cooked spinach served with scrambled egg is unusual Baked eggs sprinkled with grated cheese and served with vegetables form an appetizing meal during illness, as do omelettes

Baked and steamed egg custards are suitable sweets for an invalid and sauce made from eggs and milk can accompany any sweet or savoury dish



Sieved cooked spinach served with scrambled egg is an unusual invalid dish; If the spinach is set in a border mould the egg can be used as a filling



Two ways of serving milk attractively. In a pretty glass with a straw to drink it and in a multi-coloured milk jelly set in a small mould

For those people who dislike egg a little camouflage is advisable. Coffee and other strong flavours may be added to sweet dishes—yeast or meat extracts to savoury ones. If egg is not well tolerated it may be possible to serve it as sponge cake Egg can also be effectively served in jellies When the jelly is hot, one or more beaten eggs can be added to every half-pint and the whole strained into moulds. If the jelly is made from fresh fruit juice and gelatine the flavour of egg cannot be discerned

Milk junket without sugar can take the place of soup before a meal A little salt added to it improves it and powdered ginger or cinnamon can be served if the patient is not very ill

Yoghourt is an excellent food and may be sweetened to serve with puddings.

It should be remembered that it is not serious if a patient, whose illness is of short duration, misses his meals for a day In cases of prolonged and wasting illness the patient must be coaxed by every means possible to take an adequate amount of food each day.

Children's infectious illnesses are generally accompanied by high temperatures and should be regarded as fever cases The fever patient requires extra energy-producing foods which are not bulky. In many cases appetite is not blunted by fever and may even be increased In this case it should be satisfied

Children often drink milk more readily if they are given it through a straw and in a coloured or painted glass. Colouring and flavouring essences added to a glass of milk may tempt a child who does not normally care for it. Peppermint is a popular essence, and so is a raspberry flavouring.

The nursing of whooping-cough presents special difficulties because the child vomits his food and wasting may occur. The surest way to nourish such a patient is to give food *immediately* after a spasm of coughing. Before the child coughs again the food will probably have reached the stomach and digestion will have begun. Only in this way will the child be able to derive nourishment from his food before he vomits it.

Fruit and fruit drinks may stay beside the bed all day. Other foods, such as chocolates, boiled sweets and nuts, are often found in sickrooms. In severe illness they should be allowed only by the orders of a doctor. In convalescence they may be allowed only if the patient does not eat sweets to the detriment of his appetite at mealtimes. Boiled sweets are frequently permitted throughout an illness, because they are almost entirely sugar. Barley sugar is excellent if sweets are to be given to an invalid.

Simple Cooking for Invalids

All invalid foods should be prepared and cooked as simply as possible to render them easily digestible. Steaming, baking, boiling, poaching, stewing and grilling are suitable methods of cookery while light diet is to be given. Roasting and frying may be introduced as the digestion becomes more normal.

When convalescence is reached it should be looked upon as a period during which a gradual transition takes place from the light diet to a full diet. This means that more variety can be introduced into the meals served and that heavier meals can be provided at longer intervals than formerly.

The period this transition takes will vary with individual cases, but will probably take two weeks. During this time an effort should be made to give the convalescent one to two pints of milk each day, some of which should be given as a drink just before bedtime.

After certain illnesses it may not be wise to give a completely normal diet Some foods may be forbidden or may be curtailed and guidance should be sought on this point. For instance, after gastro-intestinal disturbance it is unwise to increase the roughage in the diet or to give fried or other types of food which may not be easily digested.

Normally, however, roughage should be increased in the diet of a convalescent. Recovery is not yet complete and wasted tissues have still to be replaced. For this reason the diet should still contain large amounts of protein, vitamins and mineral salts. These will be provided by meat, fish, eggs, fresh fruits, vegetables and dried fruits. A high-calorie diet is essential to provide energy.

The appetite should now be stimulated by a variety of foods and the introduction of spices, hors d'œuvre and sharp flavours.

The normal types of meals and normal mealtimes of the convalescent should be reverted to gradually. Plenty of fresh air and rest are essential Moderate exercise should be taken and an excess of alcohol or tobacco forbidden. Over-tiredness must be avoided and bedtime should be early.

If a convalescent is being well fed he should gain in weight each week.



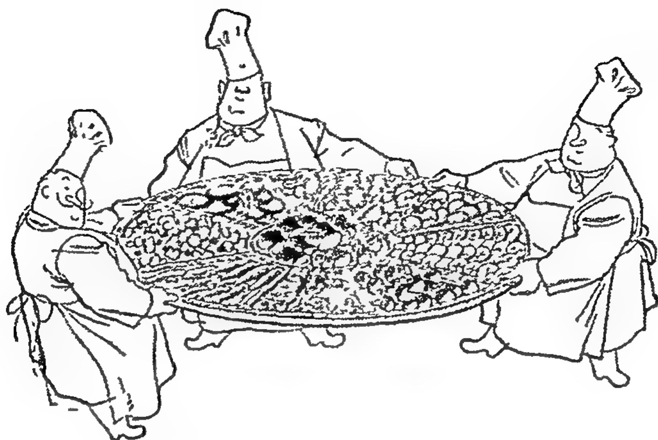
Casserole of vegetables, if well flavoured, will encourage the invalid's appetite

A salad can introduce some piquant flavours to tempt the invalid's appetite To make a nourishing meal, serve with cheese and a glass of milk



A Bridge Supper is a popular way of entertaining

Section IV



Entertaining in the Home

ENTERTAINING IS, of necessity, less formal than it was in days gone by In these days, when most housewives do all their own work, including the cooking, a good deal of planning is necessary if the hostess is to enjoy the company of her guests The following pages will explain this in detail.

Simplicity is the keynote of successful home entertaining A sherry, picnic or tea-party, well done, is better than an elaborate dinner-party where the hostess is worried to distraction owing to lack of staff to cope with things

Home entertaining can be a lot of fun, too It can give more satisfaction to both guests and hostess alike, than a meal or party given in the more impersonal atmosphere of a restaurant or hotel.

Expense is an elastic matter Inexpensive foodstuffs, nicely garnished, can look very festive They take more time and trouble to prepare than the more usual luxury party fare, that is all

Many of the simple dishes in this book will make excellent dishes for entertaining purposes. What could look more effective than the "Mock Roast" pictured in colour opposite page 320? And yet this is found in the section on Dishes from Left-overs, page 518 An attractive garnish can work wonders

Although table setting for a formal dinner party has been explained in detail, there is no need to restrict entertaining because finger-bowls and elaborate table linen are not available A prettily-laid table, with a linen cloth or mats, is just as effective Entertaining in the home has one object only, to please and satisfy those entertained This can only be done by putting them at their ease and making them feel at home

ADVANCE PREPARATION

Tomato soup. This should be cooked, sieved, thickened and left in the pan to be heated when required If cream is to be added, this should be done just before serving.

Fish salad. The fish should be cooked and flaked, then placed in a basin, covered, and left in a cool place.

Salad plants should be washed and the lettuce placed in a tea-towel in a large basin and covered with a plate Salad dressing should be made and allowed to get quite cold This can be mixed with the flaked fish and some of the salad at the last moment, or it can be served separately.

Ragout of veal. The veal should be cooked beforehand or left to simmer in a slow heat. The thickening and garnish should be prepared and added before serving.

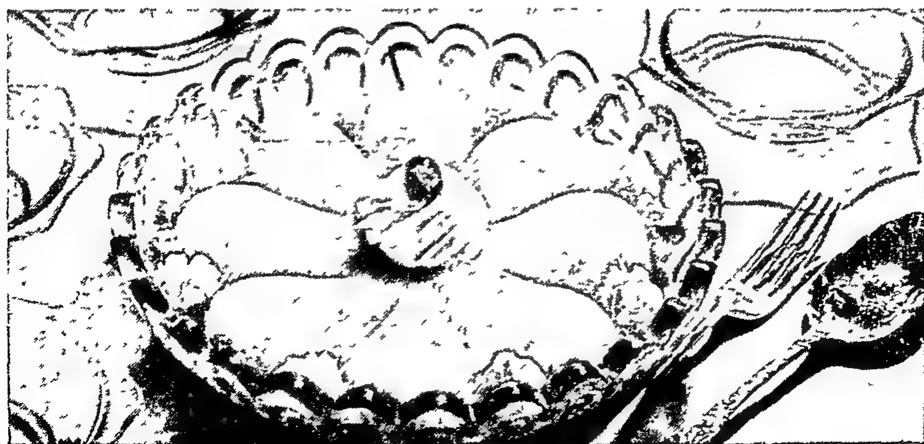
Peas or cauliflower. These vegetables should be prepared just before the guests arrive. If sauce is to be served with the cauliflower it should be ready for cooking or, better still, should be cooked and kept hot in a double saucepan. It should then be strained on to the cauliflower.

Stewed pears. These should be cooked and left to get quite cold. Put into attractive dish and serve with cream.

Cheese straws. These can be cooked in the same oven as the ragout.

If a hostess prepares a large part of a meal in advance she will be free to enjoy the company of her guests and will not feel fatigued.

There is nothing worse than for the hostess to be continually on the move between the kitchen and attending to her guests, so that she appears harassed and unable to follow the trend of the conversation. Not only will she suffer from a nervous headache, but she will communicate her lack of ease to her guests and make them feel uncomfortable Therefore, always be methodical, and make your preparations for entertaining well in advance.



Stewed pears with cream make a delightful sweet

Formal Entertaining

A full-course, formal dinner contains a traditional number of courses; a list of some of them is given below. A dinner of this immensity, of course, is most impractical for home entertaining, but a housewife can curtail this menu as she pleases, to fit her particular requirements.

HORS D'ŒUVRE

These should be small, dainty and piquant in flavour, consisting of foods which whet the appetite. This course is usually cold and in individual portions which may be set on the table before the guests sit down.

SOUP

Two soups are sometimes served at a large dinner party—one thick and one clear. It is more usual to serve only one soup at an informal meal.

FISH

Any fish can be served in this course except oysters in their natural state Oily fish is not suitable unless plainly cooked and served with a piquant sauce. A two- to three-ounce fillet should be allowed for each portion; four ounces are allowed if the fish is not filleted. A little extra is allowed for wastage in cooking.

JOINT

This is the most substantial course in the meal. Any joint, goose, turkey or farmyard fowl, may be served.

GAME

Any wild bird, such as grouse, partridge or woodcock, can be served in this course. In the spring and early summer, game is out of season and elaborate salads may replace it in the menu. A Russian salad would be suitable.

SWEET

This course can be either hot or cold. It is usual to serve a choice of one hot and one cold sweet. As far as possible it is advisable to have the sweet in individual dishes which facilitate service. Ices may be included in this course.

SAVOURY

Like hors d'œuvre, the portions of savoury should be small and should contain "sharp" flavours. The food is served in individual portions. Savouries aid digestion.

DESSERT

Nuts and all kinds of fresh fruit can be served in this course.

COFFEE

Coffee may be served at the dining-table. In informal entertaining it may be served in the lounge.

Table Setting

THE ROOM in which a meal is to be served should present a neat, fresh appearance There should be adequate ventilation, avoiding draughts or an overheated atmosphere If your room is heated by a coal fire, light it in time to make the room thoroughly warm before your guests arrive. Flowers should be freshly gathered and arranged Lighting should be adequate, but restful and without glare The table should be well lit because it forms the centre of attention A central pendant over the table affords a good light, but diffused lighting gives a more restful illumination Candles may be used on the dining-table, arranged to form part of the table decoration. If candles are used, they should be alight for half an hour before the meal is served, to ensure that a steady flame is burning The table should be set with precision and should appear dainty and colourful All china, glass and cutlery should be polished before use

Protective mats to prevent the table being damaged by hot plates should be placed beneath the table-cloth Nowadays, wooden surfaces are sometimes given a heat-resistant finish which renders the use of protective mats unnecessary.

Table linen is available in a wide range of colours and fabrics Choice is dictated by personal preference and by cost The best quality will give longer wear and will look well on the table

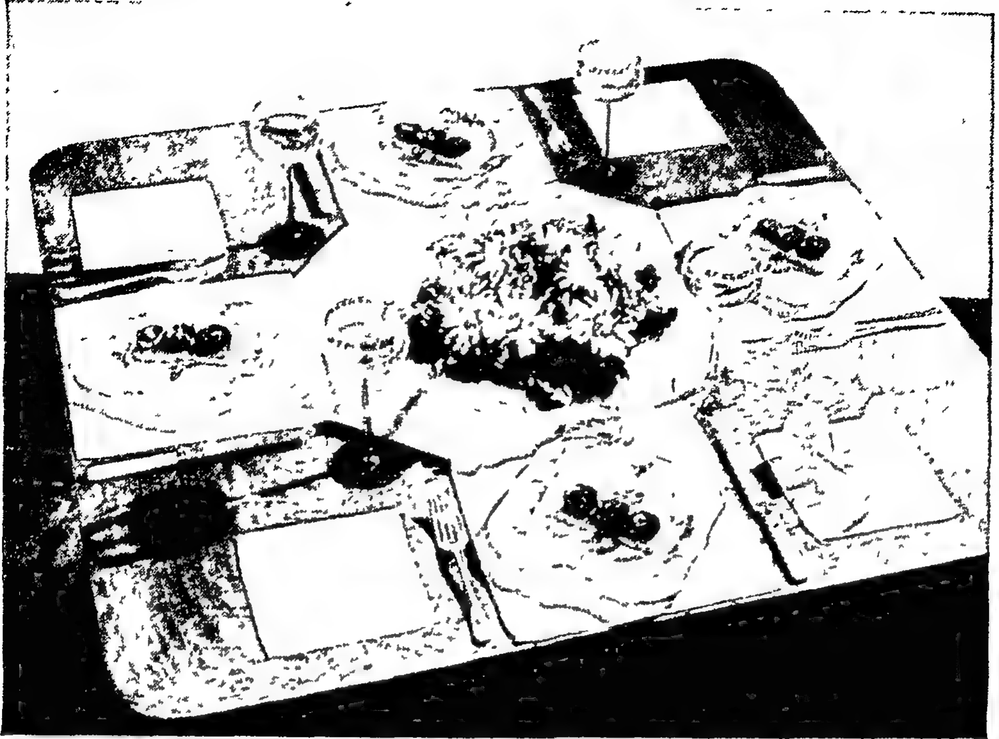
Table mats are frequently used in place of cloths as they show up the beauty of a polished table They have the added advantage of being easily laundered

Coloured mats should match or tone with the china and floral decorations Fine linen and lace give a formal appearance and are an excellent foil for polished silver

Cruets should be filled before the table is laid The sifter type of salt cellar should run freely and any lumps removed from the salt. Mustard should be freshly mixed and poured carefully from the mixing bowl into the mustard pot Small, individual cruets facilitate service and have a better appearance than the cumbersome ones used in the past Sugar sifters should be filled, again making sure that any lumps are removed

Floral decorations should be simple and kept low on the table Tall flower vases impede a general view of the table Two or three small vases or a posy bowl at each corner prove a change from a central decoration, although a "scrappy" appearance should be avoided Too much design and too much colour on the table or on the china is ostentatious and is apt to distract the eye.

A bowl of dessert fruit may be used as a decoration until required at the end of the meal, or the dessert may be handed from a side-table. Silver dishes containing salted almonds and sweets should be placed at intervals down a table for a formal dinner



All cutlery has been removed except the necessary knife and fork for the savoury course of mushrooms grilled and served on toast

A bread plate is placed to the left of each cover with a neatly-folded napkin on it. A bread roll may be laid on the napkin. Table napkins should always match the cloth or dinner mats. The size and shape used are dictated by personal taste and fashion.

Wineglasses are placed to the right of the cutlery and in line with the tip of the large knife. The tallest glass is placed on the extreme right. Tumblers should be available for guests who do not drink wine. Port and liqueur glasses are not placed on the table. Glasses should be polished with a lintless cloth.

Cutlery should be rubbed with a soft cloth as it is set on the table It should be laid one inch from the edge of the table and at right angles to this edge All the cutlery to be used at a meal is set on the table before the diners enter the room with the exception of dessert knives and forks. These knives and forks are laid on the dessert plate If a finger bowl is used it is placed on a doyley on the dessert plate with the dessert knife and fork beside it Finger bowl and doyley are slipped off the plate and placed on the right side of the cover.

Diners use their cutlery from the outside of each cover towards the plate. If sweet cutlery is placed above, it is used from the cover towards the centre of the table

The hors d'œuvre is generally on the table when dinner is announced A small fish knife and fork are crossed on the plate. Fish cutlery is made of silver or electroplate because steel spoils the flavour of fish.

A soup spoon (or tablespoon) is placed to the extreme right Inside this is a fish knife with a fish fork to the left of the cover Inside these are laid table knives and forks for entrée, joint and game. A dessertspoon may be laid across the top of the cover with its handle to the right Below this a dessert fork is laid with its handle to the left A cheese knife is placed below the dessert fork with its handle to the right, or alternatively it is set inside the other knives On more formal occasions the dessertspoon and fork may be laid inside the other cutlery

When a savoury is served, a small fork is laid across the cover, above the dessertspoon, with its handle to the right, or alternatively a small knife and fork are set inside the other cutlery

Care should be taken that there is sufficient room between the cutlery for the largest plate to be used.

The table is cleared before dessert is served. All plates, unused cutlery, cruets and unnecessary glasses are removed. Crumbs are swept off the table and dessert plates set before the diners

Decanters are now set on the table

Coffee is served at the table after the dessert is cleared away.

Where the hostess has no domestic help, the main dishes may be carved at table and the accompaniments set on the table with serving spoons beside them The hostess serves these herself or passes them to guests to serve themselves The hostess serves the sweets



A formally laid table

It is becoming increasingly popular to serve from a side-table or sideboard. If there is a maid she will hand plates containing a portion of meat or fish and will then offer vegetables and sauces to each guest.

Service of foods of which there is a choice, and of all vegetables, sauces and sweets, is from the left. Wines are served from the right, since the glasses stand to the right of the cover. Plates are cleared from the right.

Guests should be seated with the principal lady to the right of her host and the principal gentleman to the right of his hostess Other guests should be placed near those with whom they have views in accord in order to facilitate conversation.

The principal lady guest is served first. At a formal meal, the service goes round the table in order. Where only two or three are being entertained, all ladies are served before the gentlemen.

The sideboard or side-table should be set as carefully as the dining-table. Extra plates and cutlery are placed to the right Dessert plates and finger-bowls may be laid here in readiness for use. Wines which are decanted stand on top. Those not decanted stand beneath the sideboard. Soft drinks and a jug of water are served from this table. In less formal entertaining the water-jug may stand on the dining-table. Extra bread or rolls are handed from the sideboard. Serving cutlery is placed ready for use; an electric hot-plate is a great asset here.

Luncheon parties are less formal than dinner parties. The host usually carves and the hostess serves vegetables and sweets The cutlery for the carver is laid on either side of the cover. The dessert spoon is placed outside the carving knife, which is to the right of the other knives. The dessert fork is inside the other forks.

Coffee is frequently carried to the lounge after an informal meal.

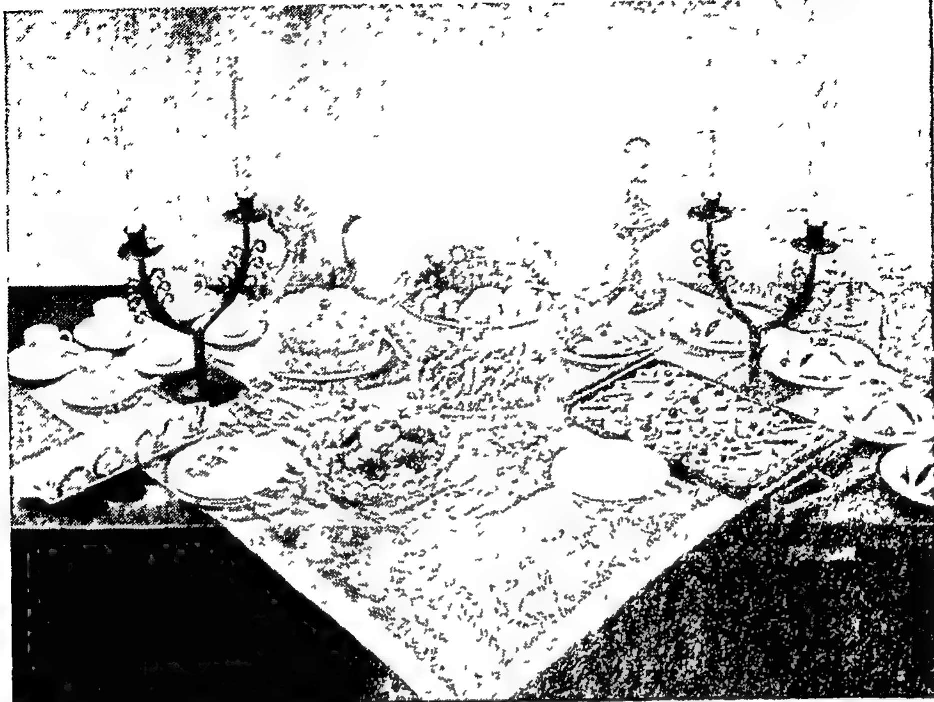
Afternoon Tea

Afternoon tea may be served at the table, although it is frequently taken into the lounge on a trolley. Small individual tables are provided for the guests. A plate, knife and folded serviette are given to each person—together with a pastry fork where this is necessary. Tea is poured by the hostess at the trolley and food is handed on plates or from cake stands.

If a tea-table is to be set, the hostess is at the head of the table with the teapot, hot water, milk jug and cups to her right. Sugar may be handed with the cups Food is set on the table for guests to help themselves. Table napkins for afternoon tea are very small and dainty and should match the cloth.

Buffet Meals

Buffet meals are popular and leave the hostess free to entertain her guests. A fine cloth is laid on a large table or sideboard and all the foods to be served are set out attractively on this table, together with piles of plates, a selection of cutlery, serving spoons and napkins for those who care to use them.



An attractively laid buffet supper

Afternoon tea set on the tea trolley

Wines and all kinds of soft fruit drinks are also placed on the table with glasses and bowls of ice.

All food served at buffet meals should be in small portions which can be held in the fingers or are suitable to eat with a spoon or a fork The host and hostess carry dishes of food to their guests, who can also help themselves from the buffet If maids are available they hand trays of food and drink.

A running buffet necessitates the serving of cold savouries, sandwiches and sweets. If a set hour is arranged for the meal, hot food can be brought to the buffet at the appropriate time If only cold dishes have been offered from the buffet, it is thoughtful to serve hot soup or coffee to the guests before they leave.

Care should be taken to make the appearance of the buffet as attractive as possible A large selection of foods has to be laid on it and the table will look overcrowded and the dishes unappetizing if their arrangement, serving and decoration are not planned and executed with attention to detail.

Foodstuffs of various kinds are suitable to serve at a buffet meal. For a cold buffet hors d'œuvre, savoury sandwiches, small cocktail sausages on sticks, olives and salted almonds are acceptable to most palates. For those with a taste for sweetstuffs various cakes and pastries are welcome Bowls of fruit and sweets complete the array of good things The lighting of the buffet table can add to its attractiveness. Candles can look very pretty.



Soft drinks can be made to look very attractive by adding a sprig of mint

How to Choose and Serve Wines

WINE IS the suitably fermented juice of the grape There are a great many different wines because the juice of the grape is never quite the same. It differs very much indeed according to the many varieties of grapes from which wine is made, according to the soil, sub-soil and aspect of the many vineyards of the world, according to the inches of rainfall and the hours of sunshine, and their incidence, which is an ever-changing and most uncertain factor. Wines also differ greatly from one another because the process of fermentation, which changes unstable grape-juice into more stable wine, is by no means uniform. It may be quick or slow, complete or not, checked or spurred on, and the result will be wines either sweet or dry, still or sparkling, stout or thin of body, weak or strong in spirit, fair, fine or poor

What is Good Wine?

Good wine is a wine that is both genuine and sound Be it young or old, costly or not, red or white, good wine must be genuine That is to say, it must be made from the sweet juice of fresh grapes picked when fully ripe, then pressed and fermented in any of the traditional manners locally recognized as the most suitable for the style of wine in favour in the district It must be made without any of the chemicals, substitutes, preservatives, dyes and essences which are used in the manufacture or compounding of synthetic wines. Synthetic wines may last almost for ever, but genuine wines have a limited span of life At first, when but lately recovering from the birth pangs of fermentation, they are too young and rough to be pleasant company, then they cast off their bad manners, lees and sediment, and they become, with age and kind treatment, polished, courteous, helpful and delightful, but all the time liable to sickness and always doomed to death When wines are kept too long, old age and all sorts of infirmities overtake them, and they are no longer fit to drink they are still genuine but no longer sound—a genuine corpse, no longer a friend

A good wine is a genuine and sound wine with a personality of its own, which makes it possible to remember its chief features and to recognize it as an old friend, always welcome But the individuality of good wines must be free from all trace of eccentricity like well-behaved people all good wines are well balanced, with perfect harmony between flesh, bones and blood The flesh is the "fruit," the sweetness of what remains of the original grape sugar of the grape juice, plus minute but important quantities of glycerin and essential oils that give to wine its silkiness, softness and charm.

The bones are the various mineral and vegetable acids, which vary, the first according to the nature of the soil of different vineyards, and the second according to the species of the different vines Although present in the minutest quantities imaginable, they and their volatile by-products are responsible for the "bouquet" or fragrance of the wine, as well as its firmness and crispness The blood is the alcohol which endows wine with life Too much grape sugar means fat instead of flesh, too much acidity changes firmness into bitterness or hardness, too much alcohol threatens apoplexy.

What is the Best Wine?

The best wine is the wine that you like best and which suits you best. If you are a man or a woman of taste you will like good wine and dislike bad wine almost instinctively. The very look of the wine before you must be a pleasure. Also, because it is a joy to look at a wine that is clear amber or bright ruby, so it is a warning that something is amiss when a wine looks cloudy or muddy. But one must not be too hasty to condemn a wine that looks wrong.

Decanting Wine

In all red wines, and also in some white ones which have been kept in bottle for a number of years, there is a sediment, or a crust, which is what the wine has cast off in the process of maturing.

When a bottle of old wine is shaken up, as it must be when it reaches you either by post or by hand, this sediment is all mixed up with the wine and it quite spoils its appearance, all you have to do, however, is to leave the bottle standing in a cool place and a quiet one, away from vibrations, until the sediment in the wine drops by its own weight to the bottom of the bottle, leaving the wine perfectly clear You may then draw the cork with care and without jerks, and carefully pour the *clear* wine from the bottle into a decanter, or failing this into another wine bottle previously rinsed and allowed to dry The moment you perceive that some of the sediment at the bottom of the bottle is moving forward on its way into the decanter, stop at once, leaving half a glass—maybe even more—of muddy wine in the bottle, it is only fit to throw away, but you will have in the decanter a beautifully clear wine

Although decanting is not absolutely necessary except for old wines with a sediment, a youngish wine which has no sediment at all may be well worth decanting for the sake of showing off its beautiful colour In this case, it merely means pouring the whole of the wine from its original bottle into the decanter. One must bear in mind, however, the fact that during the process of transferring wine from its original bottle into a decanter it comes into contact with so much air that it is likely to become oxidized—and spoilt—if left too long in the decanter. The sooner a decanted wine is drunk, the better it is for the wine and all concerned.

The "Bouquet" of Wine

Good looks, of course, are not everything, and after the eyes have been satisfied the wine has to be brought before the tribunal of the nose a nose is not an ornament, it is a servant given to us to help us choose what is right and discard what is wrong Good wine, whatever the vineyard of its birth and its pedigree, always has a sweet or clean smell, as well as a discreet but most attractive fragrance, called "bouquet," which varies with different wines and vintages

A wine which has a nasty smell, a mouldy, corky, woody or otherwise undesirable smell, may be an absolutely genuine wine, but it is not sound and, therefore, is not fit to drink

A *corky* wine is one of those accidents which is just too bad and nobody's fault It is due to the foul play of a few out of the vast number of corks used to keep wine inside the bottles They develop, for no predictable reason, a mould which gives the wine in the bottle a musty smell that is most objectionable

When a wine looks really good and smells really good, it may be committed with confidence to the palate and the lower regions, to please the first and help the others



Decanted wine should not be kept too long

Wine for the Right Occasion

Good as it may be, the same wine can never be the best at all times, or for everybody; so much depends upon the occasion, the company present, the mood of the moment, the weather and the food. There are some delicious, simple, light and young white wines which taste heavenly on a hot, thirsty day, but are sheer misery on a cold and frosty or foggy winter's night. As a matter of general rule it may be said that wine is best when partnered with food. It shows off much better with a solid background, and it also repays with interest the help that it receives from food. The best wine is the right wine for the right food, and it is well worth taking a little trouble to make sure that we get the best wine whenever possible. It is not a question of self-indulgence but of common sense.

Sherry Wine

Sherry is a white wine made from white grapes grown in the extreme south of Spain, in the district of Jerez, hence its name. No wine is really white, but amber, golden or brown, and some sherries are the darkest of all the so-called white wines. Sherry is a wine made to order by the sherry shippers. Duff Gordon, Garvey, Gonzalez Byass, La Riva, Misa, Pedro Domecq, Sandeman, and Williams and Humbert are all famous shippers They keep in their Jerez Bodegas large reserves of sherry wines which enable them to blend different types of wines in the right manner, and thus secure drier, sweeter, fuller, lighter, and also cheaper or dearer sherry wines to meet the demand, and suit the taste, of all classes of sherry drinkers. The drier types of sherry wine are sold under the names of Amontillado and Fino. they are the wines to choose and serve before dinner, slightly chilled, to call to attention the gastric juices below the belt These sherry wines may also be served with a rich soup, such as oxtail, hare or turtle soup, and they will carry on the good work with the fish course, if called upon to do so. The sherries sold under the name of Oloroso and Amoroso are darker, fuller, sweeter wines which are best at the end of a meal with dessert or fruit.

White Wines

There is a wonderful choice of still, table or beverage white wines to suit all occasions and tastes. All of them are best when served cold, not frozen but chilled. It is wise to choose the drier sorts of wine for the beginning of a meal, if more than one wine is to be served, as the sweeter wines taste all the better when coming after a drier one, whilst a dry wine served after a sweet one does not show to advantage. The more popular white wines, from the drier to the sweeter, are as follows:

Chablis. These are pale golden wines, the less distinguished of which are sold under the name of Chablis, a French town surrounded by the vineyards which produce this particularly dry wine. The best Chablis wines,

however, are sold with the name of the vineyard of their birth added to that of Chablis. thus Chablis Vaudésir, Valmur, Les Clos, etc Chablis is the recognized wine to serve with oysters, but it is equally acceptable with every kind of fish and white meats

Alsace wines. These are the white wines made from the vineyards upon the lower eastern slopes of the Vosges Mountains and in the plain stretching to the Rhine They are sold in long, tapering green "Moselle" bottles and under the names of the grapes from which they are made, such as Sylvaner, for the lighter and drier wines or Riesling, for the fuller wines. They are best with fish and white meats

White Burgundy. This is sold under the names of the parishes where the vineyards are situated and, in the case of all the better-class wines, the name of the particular vineyard which produced the grapes Thus Les Demoiselles Montrachet, Meursault Perrières, Corton Charlemagne, etc They are wines of great delicacy and breed, but also of fairly high alcoholic strength, and they are best served with the more elaborate fish or poultry dishes on ceremonious occasions.

White Graves or White Bordeaux. The white wines of Bordeaux, other than the Sauternes, are neither so dry nor so fine as the white burgundies They are also less expensive and justly popular as the kind of wine which, when well chilled, will be equally welcome with hors d'œuvre, at the beginning of the meal, and with the dessert, at the end. They are usually sold under the registered trade marks of the shippers, but the best of them bear the name of the château or estate where they are made, such as Château Carbonnieux or Château Olivier

Sauternes. These are the sweetest of all natural (unsweetened) white wines, and are sold under the name of the parish of their birth, such as Barsac or Sauternes, for the less-distinguished wines of these districts, and under the name of their châteaux or estate for all the best of them, such as Château d'Yquem, Château de Suduiraut, Château Filhot. Sauternes are best as dessert wines, with fruit or pastry.

Red Wines

There are a great many more named red beverage or table wines than there are white ones, but they can all be said to belong to one or the other of the two categories of which Bordeaux, or Claret, and Burgundy are the two outstanding prototypes

Bordeaux or Claret. The red wines of Bordeaux are the most natural and the best balanced of all natural wines, hence also the most wholesome. They partner admirably any and every kind of flesh and fowl, and they can even stand up to some fish dishes. They should not be drunk with dessert, ices or fruit, but with cheese, provided it be of the mild-mannered sort, Claret tastes exceedingly well

There are many hundreds of different vineyards in the Bordeaux country and every year they bring forth a fresh progeny of Clarets, all of them possessing a general family likeness, but each one having a personality of



Champagne is the perfect pick-me-up

its own. That is why Claret may be very good and even great, or on the other hand quite poor, but it is never dull. It may be the wine of one of the great châteaux of the Médoc, such as Châteaux Latour, Lafite, Mouton-Rothschild or Margaux; or of the Graves country, Châteaux Haut Brion, La Mission, or Carbonnieux, or of the St. Emilion district, Châteaux Ausone, Cheval Blanc. The less-distinguished wines from these districts are not château bottled, and are sold under the general names of Médoc, Graves or St. Emilion The differences between the wines from various vineyards, or from the same vineyard but of different vintages, may be very slight, but they are of immense importance.

Burgundy. The red wines of Burgundy are also natural beverage wines which are fermented in a straightforward manner, just like the red wines of Bordeaux But they are made from a very different species of grapes, the Pinot, and the soil of their vineyards consists mainly of rock instead of sand, which accounts for their deeper colour, slightly higher alcoholic strength, and the more assertive quality of their "bouquet" or fragrance The finest burgundies, such as Chambertin, Clos Vougeot, Musigny, Romanée, Nuits-St -Georges, Corton, Pommard, and Beaune, are made from the grapes of the Côte d'Or, south of Dijon and north of Chalon-sur-Saône However, most acceptable red wines possessing some of the characteristics of the red burgundies are made farther south, from the vineyards of the Beaujolais hills, and, south of Lyons, from those of the Côtes du Rhône,

Châteauneuf-du-Pape and Hermitage All these wines are admirable when served with game, and also most acceptable with all kinds of red meat as well as with every sort of cheese.

Champagne

Champagne is the most perfect pick-me-up, the pleasantest form of first aid in all cases of fatigue, exhaustion or digestive troubles In a saner world than the present, champagne should be free of all duty and restrictions, instead of which it is now made to pay more in Customs duty than it costs to produce And yet, in spite of the present far too high price of champagne, there are occasions when it must be served, cost what it may. Bollinger, Veuve Clicquot, Heidsieck Monopole, Krug, Moet et Chandon, G. H Mumm, Perrier Jouet, Pommery and Greno are all famous brands It must be served cold, of course, and it is welcome at all times of the day and night. No other wine will release, as champagne does, ready wit and happy conversation between friends and strangers alike It must not be stinted—better do without it altogether It is sure to send up the cost of the party, but is equally sure to make the party a success.

Port Wines

Port is a wine made from grapes grown in the valley of the Douro, in the north of Portugal It is fortified at the time of the vintage, which means that its fermentation is checked by the addition of brandy It is shipped from Oporto, "The Port," hence its name Port is, like sherry, a blend of different wines from the same district, so that there are a number of different styles and kinds of port, according to the skill, reserves and views of the port shippers, under whose "marks" and names port wines are sold Cockburn, Croft, Dow, Ferreira, Graham, Kopke, Offley, Sandeman, Taylor, and Warre are all shippers with a high reputation

Port wine is a blend of Douro wines of different vintages When matured in casks in the shippers' lodges at or near Oporto, it loses some of its colour and becomes what is called "tawny," a reddish-brown hue Port wine of one vintage, usually a blend of the wines of different vineyards but occasionally of one single vineyard, is known as vintage port It is bottled two or at most three years from the date of its vintage, and matured in bottle instead of in cask. It retains for many years its dark colour and its high alcoholic strength

Tawny port is excellent with a biscuit or a small piece of cheese at eleven o'clock in the morning, if one has to wait for a late lunch, or at eleven o'clock at night if one had but a scanty supper It is always right at the end of a meal with dessert or cheese. Vintage port, however, being a more manly wine, will prove more acceptable in winter than in summer, or after dinner at night, rather than at the end of lunch in the middle of the day Most port wine is made from black grapes and is red, but there is some which is made from green grapes; it is golden and is called white port.



This table is simply laid. The glasses are for sherry and wine or water

Madeira and **Marsala.** These are both fortified wines, which means that their fermentation, as with port, is checked by the addition of brandy Madeira is matured wine which comes from the island of Madeira, while marsala comes from Sicily and is rarely matured. Both madeira and marsala are most acceptable dessert wines, as a change from port and sherry.

Hocks and Moselles

The white wines of Germany were very popular in the British Isles before the Second World War and they may be in favour again some day. They are served with fish and white meats.

Australian and South African Wines

These have been shipped to Great Britain for many years and they have now become prime favourites among a large section of the public. They are mostly sold under the names of European wines which have been familiar for generations past. Most of the white wines are sold under the names of sherry, hock, chablis or sauternes, and the red beverage or table wines under the names of claret and burgundy. The only wine names at present protected by existing international agreements are port and madeira, so that the wines made in Australia and South Africa in the port fashion have to be offered for sale as port "type" wines

The Service of Wine

There are but two important points to remember if one wishes, as one should do, to be fair both to good wine and to one's guests the first is the temperature of the wine and the second the glasses in which wine is served

All white wines should be served cold, not over-iced but distinctly cool in the case of the drier white wines, or chilled, distinctly colder, in the case

of sweeter or sparkling wines. On no account should ice be put in the wine itself. The best way is to put the bottle of wine in one's refrigerator or ice-box, an hour before it is wanted, or two hours if the wine is to be really cold

Red wines are at their best when served at the temperature of the room, a room that is not over-heated, of course On no account should red wines be placed in front of a fire or given a bath of hot water before being opened. If the wine comes from a cold cellar, it should be placed in the morning on the sideboard or even the mantelpiece of the dining-room, and it will have "taken" the temperature of the room in a gentle way by the evening when it is to be served If red wine is a little too cold, one can raise its temperature gently by nursing the glass for a little while and giving it the benefit of the blood temperature of one's hands: but a red wine which has been warmed up too much or too quickly is past mending.

Glasses

Glasses can, and often do, make or mar wine First of all they must be absolutely clean, not merely washed and dried but polished, and this must be done with a cloth that has not been used for anything else Glasses often retain the smell of the cloth which is used to dry them and this is enough to ruin the "bouquet" of wine. Glasses should also be large enough to give the drinker a fair share of wine when his glass is not more than half full The smaller glass that will hold just as much wine when filled to the brim is much less satisfactory: it does not allow for the nose of the drinker to enter and meet the "bouquet" of the wine and approve of it, before the glass touches his lips White glasses are best for all wines they are the only glasses that show off the amber or ruby colour of wine Coloured glasses may be pretty table ornaments but they are unfair to good wine



These glasses are. (a) liqueur, (b) cocktail; (c) port, (d) sherry, (e) claret, (f) hock; (g) white wine; (h) brandy; (i) champagne

Picnics

ENTERTAINING PICNIC fashion can be fun, but before embarking on a picnic the important point to decide is whether the food is to be eaten in the fingers or with cutlery

The main problem lies in packing and transporting the food and not in its choice Usually it is easier to cook and pack whole pies and cakes and carry tins of meat, rather than to prepare numerous small helpings. Food is fresher to eat if it is served out at the picnics, and left-over portions are also more "wholesome" for future use. All the food should be shaped and prepared so that it will pack without spoiling.

The cooking and preparation should be done on the previous day, and wrapping paper, tins and boxes collected together. One person should be *responsible for the packing so that nothing essential is omitted. A list drawn* up beforehand is a necessary precaution.

Food should be substantial

Appetites are usually very hearty in the open air, so there should be substantial food in substantial quantities to suit all tastes On a hot day it is difficult to carry sufficient cold drinks to meet the demand "Fizzy" drinks are not very thirst-quenching and still minerals are preferable. Fresh fruit and jellies are refreshing Hot or cold beverages can successfully be carried in vacuum flasks, and if an extra flask filled with ice-cubes can be included it will mean that iced minerals and coffee can be served

If an early start is to be made in the morning, sandwiches should be cut overnight and wrapped in waxed paper in an airtight tin to keep them fresh, or wrapped in a cloth wrung out in cold water and covered with a basin. They will keep quite fresh this way.

Salad vegetables carry well in greaseproof paper in a waxed carton or tin. Tomatoes can be carried whole and sliced at the picnic or stuffed beforehand with a variety of savoury fillings Cucumbers carried whole can be peeled and cut into fingers lengthwise for serving.

Fresh peaches, melons, oranges, bananas, persimmons, apples, pears and plums are usually carried whole Raspberries and strawberries can be arranged in waxed cartons and dredged with sugar before being covered with a lid. Bottled cream or tinned evaporated milk can be served with fruit. Fresh cream carries well, provided it can be kept very cold A jar of pickle or chutney and bottles of sauce will improve meat and are frequently forgotten when packing picnic baskets. Butter can be carried in a tin and spread on rolls or biscuits as required.

Puff-pastry patties flake and crush readily if not packed with excessive care. Short-crust pastry, however, carries well Any food which will crush easily carries better in a tin, and tins pack together well in a basket If fruit

tarts are taken to a picnic they should not be made with fruits which have a lot of juice, for these would saturate the pastry if it is jolted while being carried Fruit flans with jelly in them are refreshing. Cherries, apples and pears are less juicy than berries Tins or jars of fruit can be carried and opened at the picnic.

Jellies and creams can be set in waxed cartons and will not be impaired by being carried in individual portions A tin of wafer or assorted sweet biscuits can be produced to eat with fruit and cold sweets

A variety of wrapped cream cheeses is more suitable for a picnic than one large piece of cheese, and they are also excellently packed for carrying. Furthermore, cream cheeses spread smoothly on biscuits and are easy to handle.

Dried figs, raisins, dates and sultanas are popular with younger visitors, and potato crisps find universal favour Olives and salted almonds are usually appreciated by more sophisticated palates

Tinned fish and meat or ham, carried in the tin, and served with new rolls and salad, give a delightfully "fresh" meal; home-made galantines and meat pastes remain unspoiled if they are carried in glass or earthenware dishes.

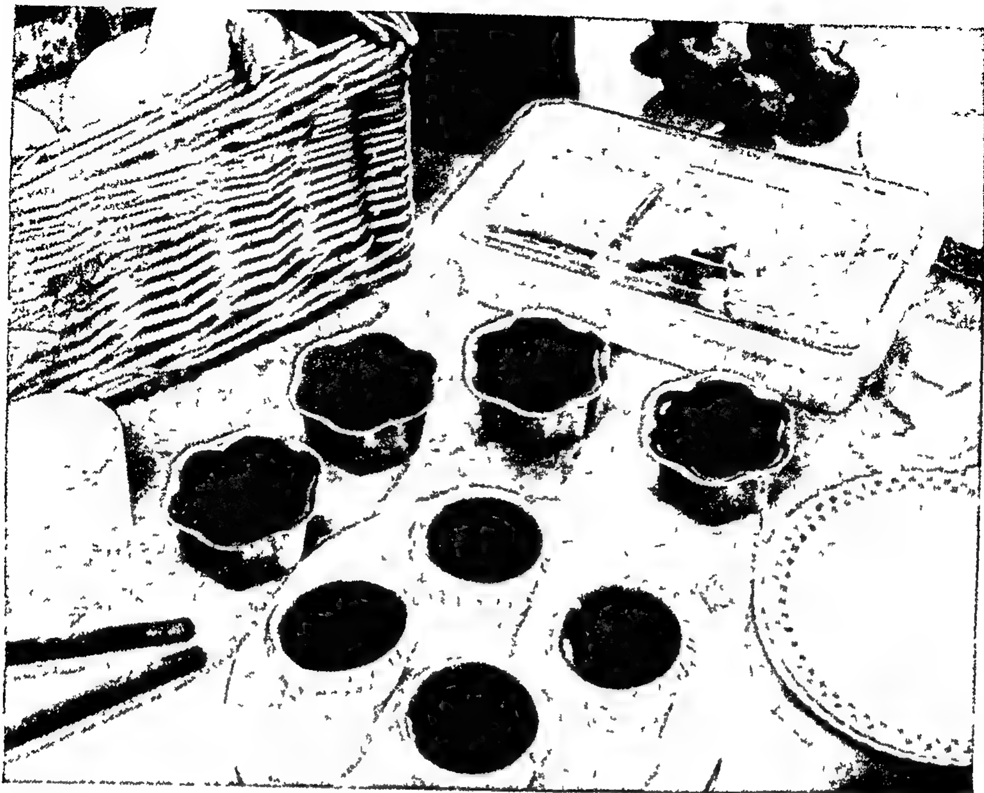
The reputation of any hostess is enhanced if she can serve unusual food at a picnic Meat pies and patties, filled rolls, small cakes, salad, fruit and biscuits always prove acceptable, but variations in the serving of these foods are always appreciated.

Moulds and Pâtés

Meat and fish can be moulded with gelatine or aspic jelly in bread tins these give neatly-shaped packages for carrying A saw-edged knife is the best implement for cutting thin slices of galantine If moulds are carried in tins they must be turned on to a plate for serving, and it is a wise precaution to run a palette knife round the moulds at home to be sure they will come out easily when required. They can equally well be set in glass oven dishes and served from the same dish without being turned out A brawn or sausage mould is most suitable for picnics; recipe for this will be found on page ... Vegetables, fish and left-over cold meats set in aspic all make ideal picnic foods

An appetizing fish pâté of the more extravagant kind can be used as a sandwich filling or for spreading on biscuits or croûtons of fried bread. It is made by mincing one and a half ounces of cooked salmon or a mixture of white fish and shell-fish, and adding to it one ounce of butter, two ounces breadcrumbs, two chopped truffles and two eggs. The mixture should be beaten well and then slowly heated in a pan until the eggs are cooked. It should not be used until it has cooled

A good meat pâté can be made by mincing or pounding one pound of cooked ham or meat, then adding one chopped fried onion, and a pinch of cayenne pepper and salt. A quarter-pint of evaporated milk and a quarter-pint of espagnole sauce (page 364) should be stirred in, then a quarter-ounce of gelatine dissolved in two tablespoonfuls water and added to the mixture



Jellied soup for picnics

This pâté can be spread on croûtons, or served in slices with salad. Meat butter, for canapés, can be made by creaming one ounce of butter, then beating in one ounce of finely-chopped cooked meat. Seasoning and half a teaspoonful mustard (for ham), or ketchup (for beef), should be added. Liver can also be used for a meat butter, made in the same way. A fish butter should have a half-teaspoonful lemon juice added to it.

Stuffed Tomatoes

Stuffed tomatoes to be eaten raw make a very welcome addition to the food at any picnic. They can be stuffed with any of the following

1. Scrambled egg, with or without the addition of diced cooked meat or cooked peas.
2. Scrambled egg and chopped anchovies or kippered snacks.
3. A mixture consisting of half a cupful of mayonnaise with half a cupful of evaporated milk and one cupful of cooked flaked salmon, lobster or prawns Seasoning, one teaspoonful of lemon juice and one teaspoonful of gelatine dissolved in a little water should be added. The mixture should be beaten well and poured into four tomato cases.
4. Cream cheese mixed with chopped olives or gherkins and softened with evaporated milk or tomato ketchup
5. Chopped cucumber, chives, peas and anchovy fillets.
6. Russian salad mixed with mayonnaise and a little pounded sardine.

Jellied Soups

Any clear soup can be made into a jelly soup by the addition of one ounce of gelatine to one pint of soup. Jellied tomato soup is made by dissolving one packet of aspic jelly in one pint of tomato juice Add one tablespoonful of lemon juice and one teaspoonful of salt Allow to set The jelly can also be dissolved in half a pint of tomato juice and half a pint of good meat stock, this gives a very pleasant soup This is delicious on a hot day. Before serving, whip up with a fork It will carry well in the mould in which it was set, or in a carton.

Sweet Jellies

Tinned fruit cocktail can be set in jelly by adding gelatine to the syrup in the proportion of one ounce to one pint of syrup. No extra sugar will be needed unless the syrup is diluted with water or unsweetened fruit juice If jellies are set in waxed cartons they should not be poured in until cool, as hot liquids melt the wax Diced melon or tangerine sections are delicious in lime-flavoured table jelly.

Ginger ale set with gelatine forms a refreshing jelly when poured over sliced peaches, melon or orange Pieces of crystallized or stem ginger can be introduced as well. An ounce of sugar should be added to every pint of ginger ale, unless a sharp flavour is required.

A more elaborate sweet can be quickly made by dissolving a jelly square in three-quarters of a pint of water and cooling it Before it sets, fold in a quarter-pint of whipped cream or evaporated milk Creams and fruit mousses look more attractive if a little cold jelly is poured over them after they have set Small pieces of fruit or slices of almond or pistachio nuts can be arranged on the cream, these will not be displaced if the jelly is poured slowly and carefully down the side of the carton

Cakes

Shortcakes crumble readily when cut For this reason it is advisable to bake small fingers or rounds of shortbread which can be sandwiched together with sliced banana and clotted cream as required If iced cakes are preferred they will carry better if the icing is used as a filling so that it will not be crushed by wrapping papers. Three ways in which this can be done are

1. Spread a Swiss roll with butter icing (page 464) or flavoured whipped cream, and roll up.

2. Split a large cake and spread with icing, then sandwich together again A deep cake can be cut into three or four layers and each one spread with icing of a different flavour

3 Invert a cake, cut a slice from the centre and scoop out a cavity Fill this with cream, icing or fruit and replace the bottom slice

Large, rich fruit cakes and gingerbreads remain more moist than plain cakes in hot weather. Bakewell tarts and cheesecakes are a sweet course which pack well.

Fruit drinks will be appreciated at a picnic. See pages 502–507

In spite of the fact that it takes longer to prepare or cook individual tarts, rolls and sandwiches, it is advisable to do so if children are taking a picnic out on their own It is wasteful in time and wrappings to prepare individual lunch-boxes for adults, but children will appreciate it. It is far less tedious to carry one's own lunch than to carry someone else's Moreover, it ensures a fair distribution of food. There should be an identical and wide selection of food in each box, with plenty of biscuits, sweets and fruit packed in the corners to appease hunger and thirst between meals No cutlery should be necessary for such a picnic

Although some of the suggestions given here may seem elaborate, a picnic can be a very simple affair of sandwiches, cakes and fruit. If thought is given to planning beforehand, the hostess can enjoy this kind of entertaining as much as her guests If a special occasion is celebrated picnic fashion, a little more elaboration will be welcomed, and, although iced soup and jellies sound extravagant, they are simple to prepare, can be quite inexpensive, and they give a "partyish" air to the occasion Some ideas for sandwiches follow.

Sandwiches

When making sandwiches, thin bread is necessary. If a lot of sandwiches have to be made the baker will usually send the bread already sliced In any case, a pan or sandwich loaf is the most economical. Also, it is a good idea to have the slices cut lengthwise—they are more economically cut into shapes. The bread should be a day old for sandwiches—easier to handle and more digestible Some fillings are more suitable with brown bread Most sweet fillings go well with brown bread. Small bridge and dinner rolls are usually great favourites They are easy to handle and do not require the same cutting as bread, also there is no waste. Any waste from savoury sandwiches, crusts, etc , can be made into a savoury pudding and served with meat This is done by mixing one egg to three-quarters of a pint of milk, add seasonings and bread trimmings, soak for half an hour and bake. The trimmings from sweet sandwiches can be made into a pudding, using the same proportion of egg and milk with the addition of sugar and flavouring Sandwiches should be made just before serving Sometimes, however, this is not practicable The best way to keep the sandwiches moist is to wrap in a damp serviette and cover well.

Snack-bar Sandwiches

These are quite different from the ordinary commonly known sandwich. They are much more substantial, in fact some of them are a meal unto themselves. When served with coffee they act as a luncheon. They are usually one, two or three tiers and may be made with bread, toast or rolls as the foundation, and sometimes cold foods such as chicken and tomato are served cold sandwiched between buttered toast or rolls For picnics they can be served cold, the last layer being put on at the last minute.

Chicken and Ham and Tomato

Three slices of hot buttered toast, season with pepper and salt. On the first slice place some slices of cooked chicken and season On top put the next slice of toast and cover it with slices of cooked ham or cold grilled bacon Put the third slice of toast on top and cover with slices of tomato and seasoning If liked, this can be served cold, as at a picnic, or placed into a slow oven to heat through if eaten at home

Mushroom and Fried Bacon and Onion

Three slices toast, buttered
First layer, spread with mushrooms grilled and chopped and reheated Season
Second layer, spread with finely-chopped onion, fried, then bacon chopped and fried
Third layer Same as first layer.

Mutton, Spring Onions and Tomato

Three slices toasted bread, buttered.
First layer, spread with thin sliced cooked mutton place on top a thin layer onion sauce
Second layer, spread with sliced spring onions, sprinkle with salt and pepper
Third layer, spread with skinned sliced tomatoes, season and sprinkle with a little chopped pickle.

Sardines, Prawns, Lettuce and Peas

Three slices hot buttered toast, or one large roll cut into three, sliced, to[illegible] and spread with butter, seasoned with salt and pepper. Skin and bone [illegible] sardines Pick the prawns Wash and dry the lettuce.
First layer, spread with sardines, season and add few drops lemon
Second layer, spread with lettuce and green peas, season and, if liked, [illegible] little salad dressing.
Third layer, spread with prawns, season and sprinkle with lemon juice

Smoked Salmon, Olives and Gherkins

Three slices hot buttered toast, seasoned with salt and pepper
First layer, spread with smoked salmon, and sprinkle with lemon juice
Second layer, spread with sliced olives.
Third layer, spread with sliced gherkins.

Vegetarian

Three slices hot toasted bread, buttered, and seasoned with salt and pepper
First layer, spread with beans and tomato sauce
Second layer, macedoine cooked vegetables thickened with little sauce.
Third layer, spread with finely-chopped cooked celery.

Recipes for Sandwich Fillings

Banana and Cheese

2 bananas
1 oz. soft cheese grated
Salad dressing
Little French mustard
Mustard and cress

Skin bananas, add the grated cheese and sufficient salad dressing to flavour. Mix well with a fork. Add a very little French mustard. Spread on to buttered bread or rolls. Sprinkle with mustard and cress.

Chocolate Cream (sweet)

1 teaspoonful cocoa
6 oz. icing sugar
¼ lb. butter (unsalted)

Dissolve the cocoa in two teaspoonfuls boiling water. Sieve the icing sugar. Mix all ingredients together and cream well, using a wooden spoon.

Crab Paste

Cook the crab. Remove and use all the flesh, excepting the gills and any green flesh. Chop finely, add lemon seasoning and vinegar to flavour. To this add sufficient creamed butter to make a spreading consistency.

Cream Cheese and Celery

Mix the cheese and very finely-chopped celery. Add salt, pepper and cayenne. Cream the butter for spreading and mix all together. Spread.

Cream Cheese and Nuts

1½ oz finely-chopped walnuts
Seasoning
4 oz. cream cheese
Lettuce leaves

Mix the nuts and seasoning well with the cheese Spread on to the bread. Cover with a crisp lettuce leaf.

Date and Walnut (sweet)

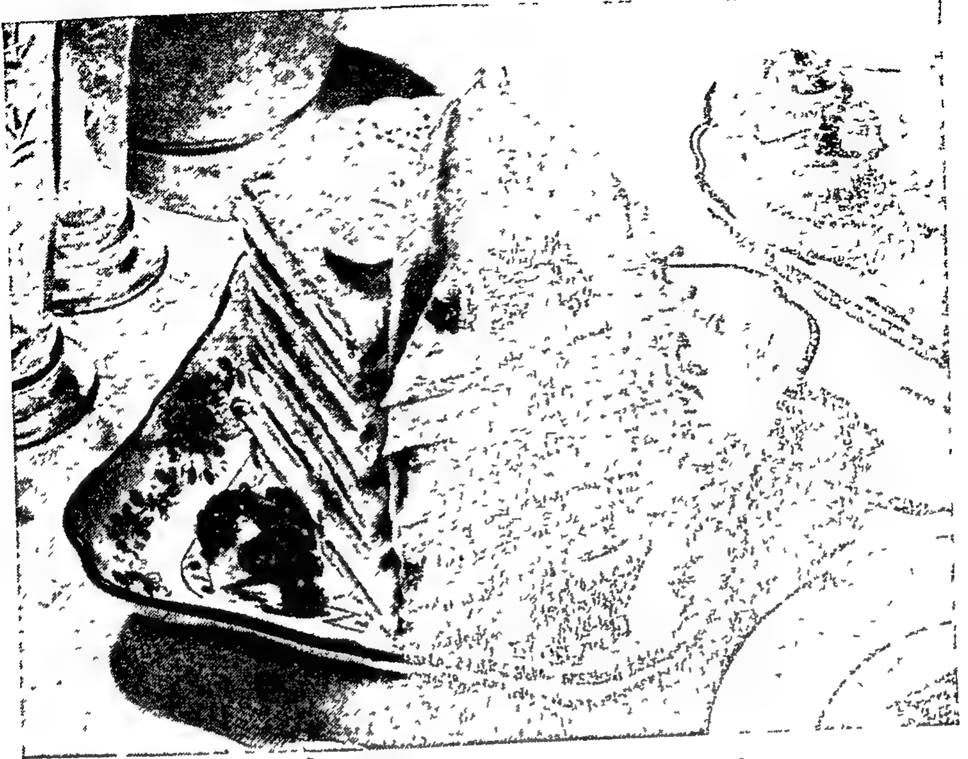
½ lb. stoned dates
2 oz. finely-chopped walnuts
Little cream or custard sauce

Pass the dates and walnuts through the mincing machine. Add sufficient cream or custard sauce to make a spreading consistency.

Tomato Mayonnaise

Tomatoes
Seasoning
Mayonnaise
Lettuce or cress

Skin and slice the tomatoes. Add seasoning and sufficient mayonnaise to flavour. Lay lettuce or cress on to the buttered bread or rolls and spread with the mixture.



Sandwiches form a substantial part of picnic fare

Vegetable Spread

2 small carrots
¼ turnip
If liked, celery or parsnip
1 small onion
½ lb peas and ½ lb fren... runner beans, partly c...
1½ oz butter
Seasoning
Mayonnaise

Prepare the vegetables. Rub through a grater Place into a ... tightly-fitting lid, add the butter and seasoning Add two ta... stock or water Place on low flame Shake periodically When ... add the green peas and beans. Cook all until tender Re... evaporate the liquid. Allow to get quite cold Add sufficient ... dressing or mayonnaise to make a spreading consistency

Vegetarian Spread

4 oz. tomatoes
1 teaspoonful finely-chopped onion
Seasoning
1 oz. butter
1 oz. grated cheese
1 egg
2 oz brown breadcrumbs

Skin and slice the tomatoes, chop onion finely Cook tomato, onion and seasoning slowly in the butter (with the lid on) When tender add the cheese, egg and breadcrumbs. Cook about three minutes, stirring all the time. Season. Pack into a jar or basin.

carried in just before lemonade and biscuits if there has been no Father Christmas. An alternative way of distributing gifts is to make a large cracker or cake from coloured paper with strings hanging from it which can be pulled out with a present attached. If each string is labelled with a name it will add importance to the occasion. A tray of tiny bags of sweets in brightly coloured wrappings can also be brought in at the end of the party.

Suggestions for Food

Make a light sponge cake especially suitable for children. (For recipe, see page 454.) This mixture can be baked in a greased tin, or dropped a teaspoonful at a time on plain greaseproof paper (sponge drops).

These sponge drops make delightful small cakes which can be coated with water icing in a variety of colours. Two can be sandwiched together with a little melted chocolate spread between them. They also make "poached eggs." A half apricot is laid on each sponge drop and a little whipped cream piped round to represent the white of an egg.

The same mixture can be baked in boat-shaped tins (or in a shallow tin and later cut into boat shapes), brushed on top with jam and then sprinkled with grated chocolate or chopped nuts. A sail cut from rice paper is then inserted in each. Rich butter-cream should be avoided unless it is piped sparingly on cakes as a decoration.

A large sponge cake can be iced with white water-icing, and a little green water-icing can be smeared on it to represent grass. Rabbits can be made from marshmallows to decorate the cake. To make a rabbit, shape a marshmallow between the finger-tips to represent the body. Ears and tail cut from rice paper can be inserted, and drops of chocolate icing or small sweets put in place of eyes.

Sugar cubes can be brushed with vegetable colouring to make them more exciting for a party, and they will also colour the warm milk to which they are added.

Small metal moulds shaped like rabbits, tortoises, men or flowers can be purchased. Brightly coloured jellies set in these moulds look most attractive. Egg-cups or half-filled tea-cups can be used in place of moulds, so can clean, fluted patty tins. Jellies can be set and served in orange skins cut in halves Handles of angelica will make them into baskets.

Neapolitan jellies or cornflour moulds can be set in similar vessels. A layer of jelly or mould is poured in and allowed to set. A second layer of another colour is then poured in and allowed to set. This is continued until the mould is full.

Half a tinned or stewed pear can be made to resemble a rabbit by inserting currants or icing for eyes (dry the surface before piping icing on fruit) and adding blanched almonds for ears and tail.

Large jellies in the shape of swans can be turned out on a lake of plain or chopped jelly, with bulrushes made from angelica strips topped with chocolate icing placed in the jelly.



The Art of Carving

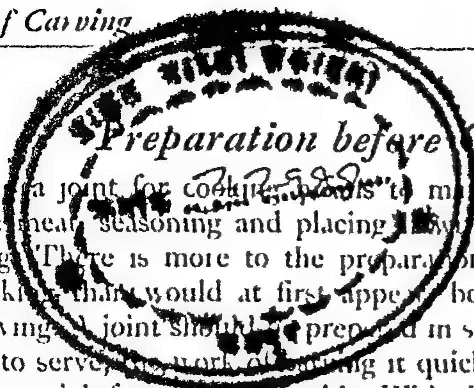
CARVING IS, to a certain extent, a lost art This is a pity because carving helps to make a joint go further and well-carved meat has a much better flavour than meat that is hacked from the bone in untidy chunks. Good carving depends on several things, and one of the most important is a knowledge of the anatomy of the animal, fish or bird about to be carved.

Some joints are far more difficult to carve than others For instance, a shoulder of lamb, especially if it is a very small one, seems to puzzle [illegible] would-be carvers This is a joint full of goodness and flavour, and [illegible] quite spoiled if it is not cut up properly. The following pages show [illegible] how to carve this and the other joints most commonly offered to the [illegible] today

Carving is done much more easily if the meat dish is big [illegible] the joint and the portions which have been cut off it witho[illegible] It also helps the carver if the gravy and garnishes of any [illegible] separately

A badly-trussed bird, or a badly-boned and rolled joint can [illegible] mare to the unfortunate person who has to carve it after it is cooked. The cook should see that this preliminary work is properly done before the [illegible] goes into the oven. The butcher is generally obliging in this respect, and will prepare a joint for the oven if he is asked at a time when he is not busy with customers.

It helps the carver if the table on which he has to carve the meat is a steady one Nothing is more annoying than a table which wobbles dangerously with every stroke of the knife. If the dining-table is not particularly firm, and the gate-leg type of table is often rather shaky, then a sideboard or firm side-table would be better for the purpose of carving.



Preparation before Cooking

Preparing a joint for cooking means to many only three simple things; wiping the meat, seasoning and placing it with fat in a roasting tin ready for cooking. There is more to the preparation of joints, poultry and fish before cooking than would at first appear, both as regards economy and ease of carving. A joint should be prepared in such a way that, when cooked and ready to serve, the work of carving it quickly and in an appetizing way is made as straightforward as possible. With this in mind, the cook should include in her preparation the removal or sawing through of certain bones, so that the carver can easily detach or divide them at the table.

For example, a sirloin of beef, as is shown on page 612, has the backbone removed before carving, with the result that the carving is greatly simplified. You will see in the illustrations that the knife is cutting straight through the meat until the edge of it reaches the rib bone on the flat. Neat, thin slices can then be cut easily and quickly and the edge of the knife will not be blunted, as would have been the case if the bone had *not* been removed.

This removal or jointing of certain bones before cooking is helpful also with the following cuts:

Leg of Mutton or Lamb should have the chump bone removed. This is the little bone in the thick end of the leg which forms a joint with the loin; it is sometimes removed by the butcher before delivery.

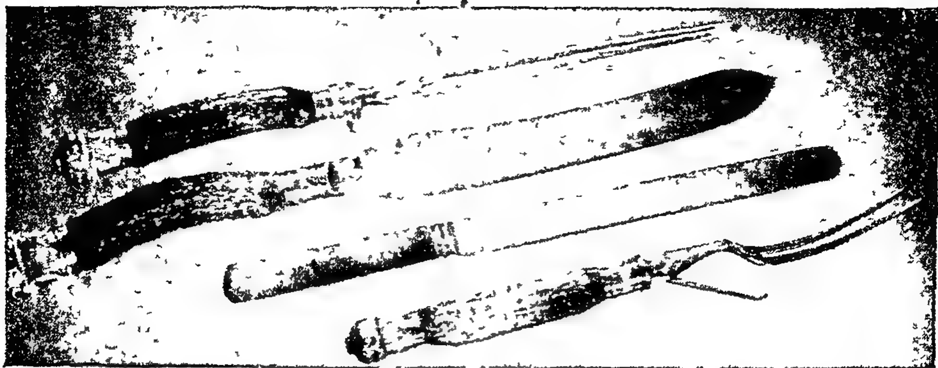
Best End Neck or Ribs of Mutton or Lamb should have the backbone, known as the chine, removed or cut through. This bone can be roasted with the meat, which will add to the flavour of the gravy, but should not be sent to the table.

Target of Lamb should have the bones sawn through from the back and the breast, so that when roasted they can be easily separated.

Loin of Mutton, Lamb or Pork should have the bones sawn or chopped through. In addition, with pork the rind should be cut in channels so that when carving even slices can be obtained. Some of this work is done by the butcher, but it may happen that the joints or bones are not completely severed, and this leads to difficulty for the carver. The joints should, therefore, be looked over for these points before cooking.

Poultry, after cooking, should have wooden skewers and trussing string removed before carving, otherwise it is not possible for the carver either to joint or slice a bird neatly.

Fish, before cooking, should have the side fins and tail fins trimmed off. Small fish cooked and served whole should have their heads removed before serving, with the exception of trout or herring.



The essential tools for successful carving are a good knife, a steel, and a fork A second knife is useful, but not necessary

Knives and Forks

The carver's tools consist of one or two carving knives, one carving fork with a guard, and a steel for sharpening The knife especially plays a large part in the art of carving Unlike the proverbial saying, "A bad workman blames his tools," the carver can claim indulgence when this tool is at fault. Nowadays, a good knife is hard to come by and when obtained is something to be cared for, if it is to remain in good, working order.

Here are some useful tips—after use a knife should be carefully washed and put away in its case in a dry place, not in a drawer amongst other cutlery. The knife should be resharpened each time before use, preferably not, as is so often the case, at table as a preliminary to the actual carving. The ideal knife for meat is 10–12 in long and about 1 in across. It should be slightly curved, especially towards the point, and the edge should be as keen as possible It is useful to have a second knife ready to exchange with the one becoming blunt when carving a quantity of meat, as when carving hot meat the heat causes the blade to expand and the edge to lose its keenness A shorter, narrower knife is liked for some poultry, though this is not really necessary, as the meat knife can be used When carving ham use a long, thin-bladed flexible knife for the best results.

To sharpen a knife efficiently is not easy and requires some practice; this is how it should be done. Hold the steel firmly in the left hand, place the edge of the knife almost flat against the steel, then with a semicircular movement draw the knife downwards, first against the front of the steel and then against the back. The movement (with the knife in the right hand) should be even and rapid. A knife should never be drawn across the steel or placed against it at an angle, as this will blunt the fine edge

The golden rule to remember is that a properly sharpened knife does the cutting, not the carver The hand should guide the knife without pressure. If pressure is used the meat will not have a smooth surface, if a sawing motion is used it will be frayed and the slices will look unsightly.

For ease of carving, the knife should be held in such a way that the movement is either towards or away from the carver.

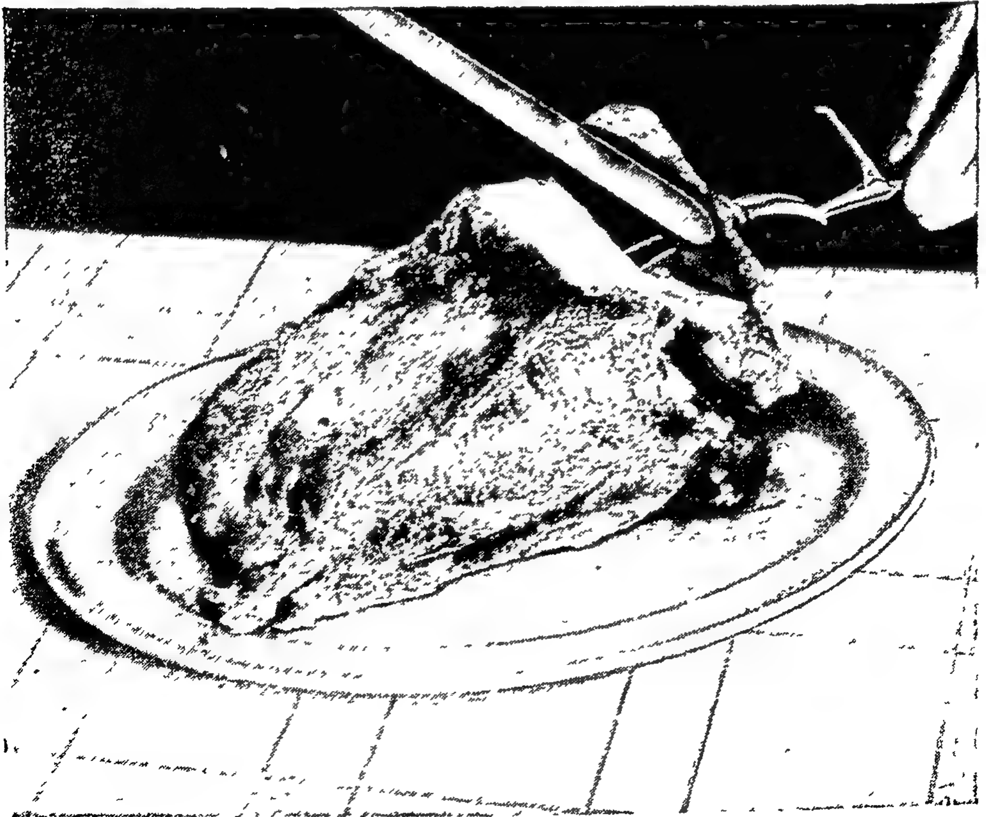
Sirloin of Beef

Having removed the backbone before serving, as explained on page 610, this prime joint of beef is not difficult to carve. First remove the bone at the back (as in illustration below). When there is a good, thick undercut it should be carved first To do this, turn the joint on its back, remove the piece of fat neatly, then carve the meat in slices about one-sixth of an inch thick, holding the knife at a slight slant.

It is usual to serve one or two slices of the undercut (or fillet as it is sometimes called) with each portion cut from the top side of the joint and these should be slightly thicker than the top slices

To carve the top, turn the joint over once more and carve long, thin slices, beginning at the rib end with the knife on a slant as before; in this way the slices can be neatly removed as the edge of the knife comes in contact with the base of the joint.

Avoid, if possible, sticking the fork into the thick part of the meat in order to steady the joint With the backbone removed, the joint should rest firmly on the dish, and the fork should be free for its proper work, that is, to hold the slices of meat being carved and to help with the knife in removing them on to the plate.



First remove the small bone at the back of the joint

Turn the joint on its back and carve the undercut

Turn it back again and cut thin slices downwards

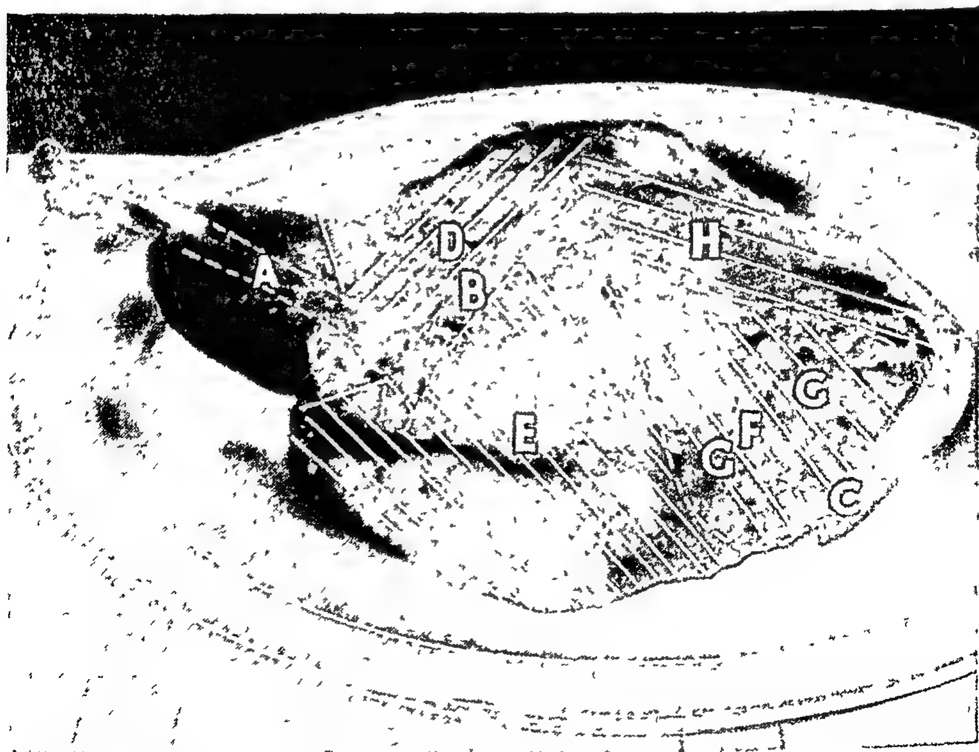
Shoulder of Mutton

This joint is considered the most difficult of all joints with which to deal from the angle of carving. The first point to master is the bone formation of the shoulder; unless this is thoroughly understood it is impossible to carve the joint economically

There are three bones to deal with in the shoulder (see illustration): the knuckle marked A, the middle bone B and the bladebone C To add to the difficulty, the bladebone, C, has a small ridge running along its upper side, rather like the breastbone of a chicken. This ridge is not in the centre but is formed slightly to one side, marked F on the illustration.

It should be understood that these bones, apart from the knuckle, are not visible until the joint is carved. Consequently, the carver must know where they come in order to carve slices from either side, as well as from on top and underneath, and so distribute the lean and the fat evenly in portions. Also the bones in the shoulder of mutton are larger and the fat is in greater quantity than in lamb.

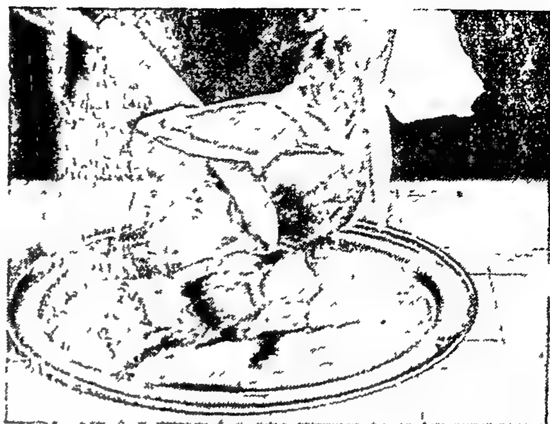
The illustrations show a shoulder cut from the left side of the animal; a shoulder from the right side would be reversed, and the knuckle-bone, provided the joint is laid on the dish with the outside of the shoulder uppermost, would appear on the right-hand side Before commencing carving it is



A diagram of a shoulder of mutton and how to carve it

advisable to see that the joint has been placed on the dish with the outside of the shoulder uppermost, otherwise the bones will not be in the expected position and confusion will result.

Start carving slices from the meat lying between the middle bone B and the bladebone C. Carve from the outside towards the middle bone B, shaping the cuts so as to reach the curve made by the bladebone The line these slices should take is marked on the illustration by the letter E, here the fat and lean are equally divided When this meat is removed turn the joint, so that the rounded end of the bladebone is towards the carver and cut slices from either side of the ridge, slanting the knife a little so that the slices can be easily removed.



The best part of the shoulder is cut into slices from the blade end, and towards the middle bone, shaping the cut so as to reach the curve created by the bladebone

These slices will be rather shallow but quite lean, and can be served with slices of fat cut from the outside of the shoulder, marked H in the illustration.

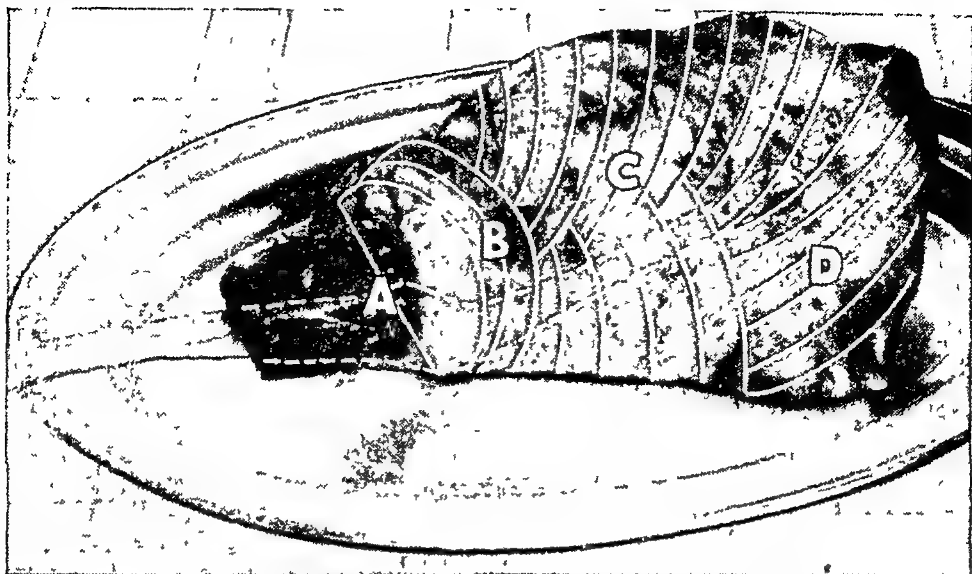


Now the joint should be turned over and slices cut from underneath the bladebone This meat is fairly lean and should be served with some of the fat from the outer side of the shoulder

Now the joint should be turned over and a number of lean slices of meat may be cut from underneath the bladebone This meat should be carved outwards with the knife held at a slant.

To accompany this lean meat, slices of fat meat can be cut from the side of the middle bone B, marked D in the illustration This should complete the carving of the shoulder except for a few little slices around the knuckle, which are not served when the meat is hot, as they are somewhat hard. They can be minced and used in a made-up dish for another meal

Some may find it easier to carve the underside of the bladebone first, with the accompanying slices of fat taken from the outside of the middle bone, and continue the carving by taking slices from the middle of the joint between the bladebone and middle bone and leaving the top side of the bladebone to be dealt with last.



A diagram of a leg of mutton and how to carve it

Leg of Mutton or Lamb

These joints can be dealt with far more easily if the carving fork is discarded altogether and the knuckle-bone is held with a napkin. This will give a much firmer grip on the joint and carving will be very much easier. Use the fork only for placing the slices of meat on the plate.

The first of the illustrations shows the line taken by the bone through the leg, and the position of this bone should be kept in mind throughout the process of carving

To start with, a small cut should be made in the meat just above the knuckle marked A in the illustration Then with the knife held at a slant a few slices of meat should be carved towards the knuckle These slices are shown as B in the illustration The number which may be cut will depend on the size of the joint, lamb giving the least. Then still carving towards the knuckle-bone and with the knife held at a slant, start to carve slices in two directions as shown at C in the illustration. In this way the whole of the cushion of the leg is removed and when the slices become too large they can be divided into two or three pieces for serving. When this operation is complete there should be left only the meat at the base of the bone on the smaller side of the leg, marked D in the illustration

This meat should be neatly sliced and any small pieces of flesh around the bone removed Usually these very tasty pieces are much appreciated and should not be left for use in any made-up dish.

When it is intended to serve a joint two days in succession, on the first day hot and then cold, the cushion should not be completely carved on the first day (see slices marked C in the illustration). It is advisable to carve some of the C slices, accompanied by some of the D slices taken from the smaller side of the leg, leaving some of the best meat for the following day.

Hold the knuckle firmly with a napkin and cut as directed

The meat should be neatly sliced away from the bone

Saddle of Mutton

The illustration of a saddle of mutton shows three different methods of carving this joint

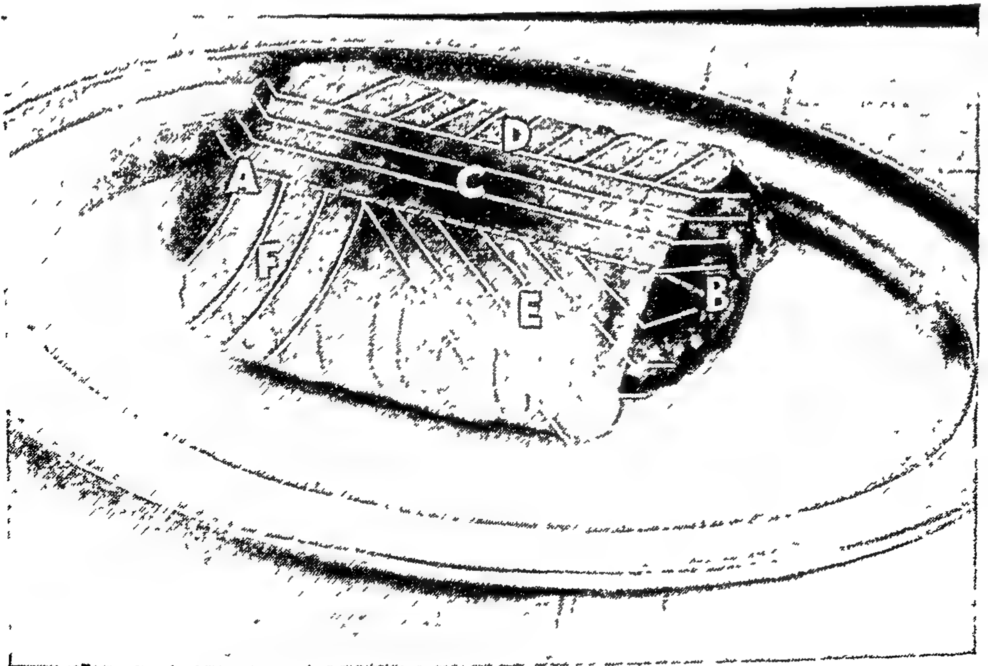
The more usual way gives long slices of meat running the length of the joint. This is admittedly an extravagant method, as a saddle so carved will only yield about six portions, although the remainder of the meat can be used in other ways.

The other methods of carving are more economical but require some practice if the meat is to look well when served on the plate.

THE FIRST METHOD

To carve a saddle by the first method, a cut should be made along the spine bone on either side as indicated by the letters A–B in the illustration These cuts should not go right down. As the knife touches the bone it should be eased towards the flesh and then lifted slightly, before cutting straight down. This will loosen the meat from the bones and make it possible to carve the long slices neatly. These slices should be carved lengthwise from the outer sides of the joint by holding the knife slightly slanted and lifting the slices with the aid of the fork on to the dish.

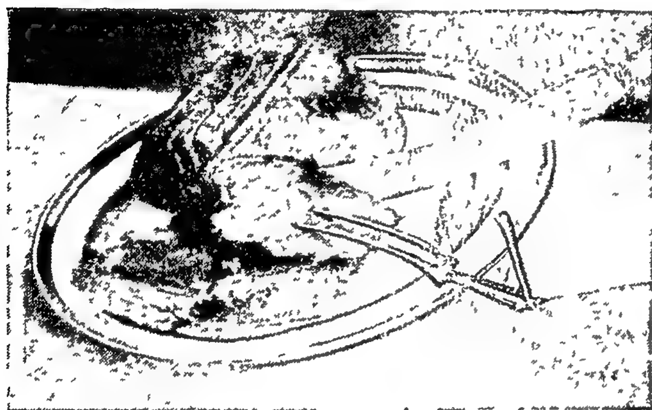
It should be possible to carve four good slices from either side of the joint and a little of the fat cut from the side marked D in the illustration may be served with each portion.



A detailed diagram of a saddle of mutton and how to carve it

This first method of carving a saddle of mutton is easier than the other methods, but it is not so economical It yields only about six portions. The rest of the meat can be used in made-up dishes





The other two methods of carving a saddle are somewhat similar. They are both much more economical than the first method First one side of the saddle is carved and then the other, in long slices of lean and fat

THE SECOND METHOD

The second method of carving requires an incision made along the spine as before, but the carver should deal with one side of the saddle at a time, working from one end to the other

For the right side of the joint the slices of meat should be carved with the blade of the knife slanted towards the spine in order to give long slices of lean and fat The position of these slices, marked E, is shown quite clearly in the diagram opposite

For the left side of the joint the slices should be cut in the same way, but starting from the opposite end, working outwards and with the saddle sideways to the carver

THE THIRD METHOD

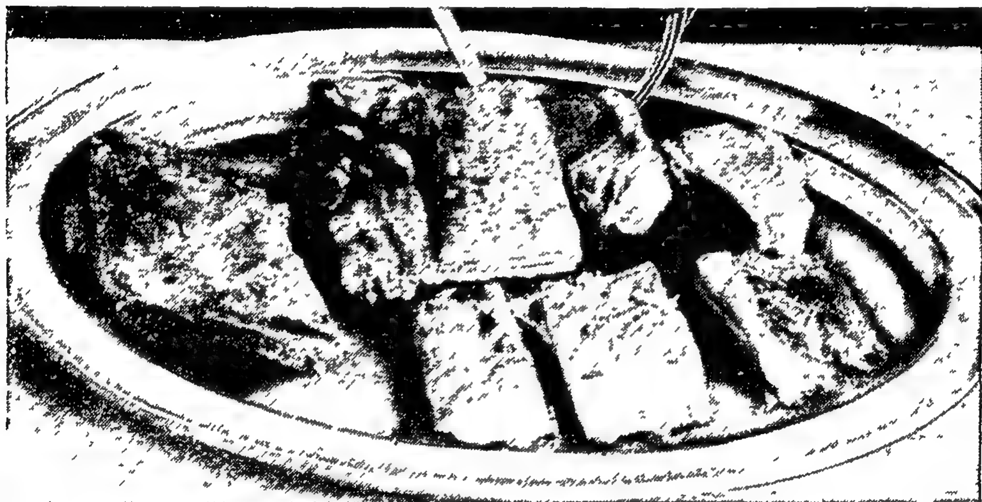
The third method of carving the saddle is somewhat similar to the second The slices of meat should be cut crosswise on the slant, but working outwards and towards the chump These backward slices are slightly thicker and will give a good portion of lean and fat They are shown, marked F, in the diagram opposite.

The meat on the chump end should be carved out by holding the knife inclined slightly inwards to fit the curve of the chump bone and to ease the meat away from the bone.

Target of Lamb

This joint is the forequarter with the shoulder removed. It consists of the best end neck, the scrag, middle neck and breast. If roasted in one piece the bones should be sawn through from the back and breast before cooking. It can then be carved easily, a chop and a piece of breast to each portion. For a small family the target is economical, as it provides meat for three meals.

The best end of the neck will yield six cutlets Trimmed of excess fat, these can be grilled or fried and served with a suitable garnish. The breast, boned and skinned, then stuffed and rolled, should be roasted or braised; cooked slowly it is tender and juicy and can be carved easily into neat slices. The pieces of neck left over, with the breast bones for added flavour, will provide an excellent basis for a stew with young vegetables, a hot pot or curry.



A chop and a piece of breast is served to each person when carving target of lamb

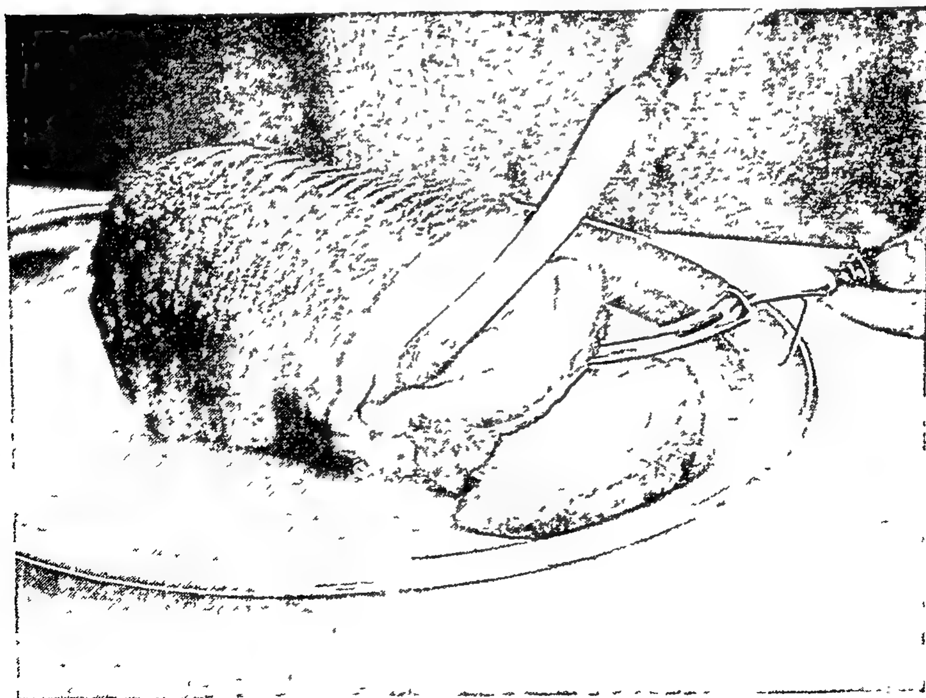
Leg of Pork

A leg of pork should be carved in the same way as a leg of mutton, but it is necessary first of all to remove a portion of the crackling, sufficient to allow the carver to slice the meat thinly. The crackling should be broken up into suitable-sized pieces and a portion served on each plate.

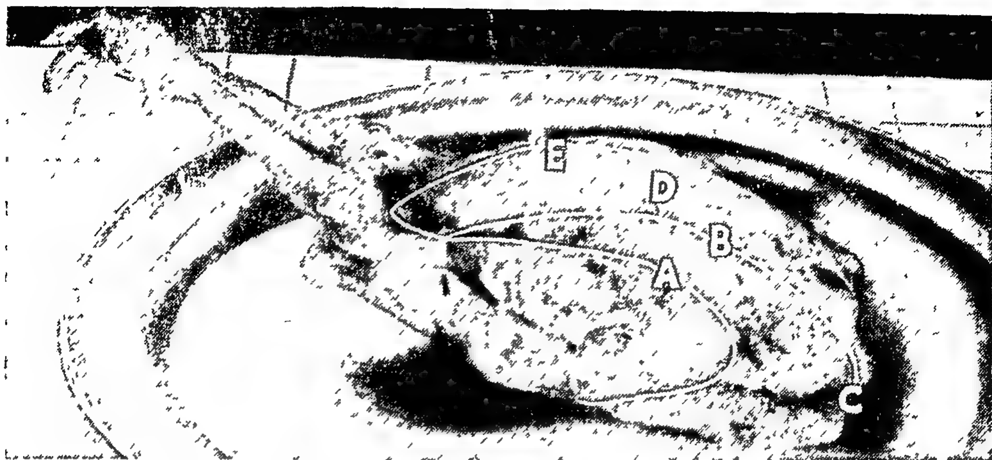
Loin of Pork

To carve neat slices of pork from the loin it is important to see that all joints have been properly sawn through before cooking and the rind cut in even channels in line with the joints. When this is done, carving is quite straightforward and simple. Should smaller portions than the average-sized chop be required it is suggested that the loin may be boned out and rolled before cooking, when it can be sliced as required afterwards.

A detailed diagram of a loin of pork and how to carve it



Cut the end carefully, or the slices will not be even



A detailed diagram of a roast chicken and how to carve it

Chicken

The diagram shown above illustrates the method used when carving a chicken into four or five portions

Begin by removing the leg This should be done by inserting the fork in its centre, the skin should be then cut carefully around the thigh line A in the diagram The knife should be placed under the thick part of the leg and a cut made towards the feet When the connecting socket is reached the leg should be bent over and the sinew which holds it to the body of the bird should be severed The leg should not be cut, but pulled off with the aid of the fork

The knife should be then run along the line of the wing marked B as shown in the diagram above When the wing joint is reached the fork should be inserted to feel for the position of the connexion, shown at C in the diagram The wing should be severed as in the illustration

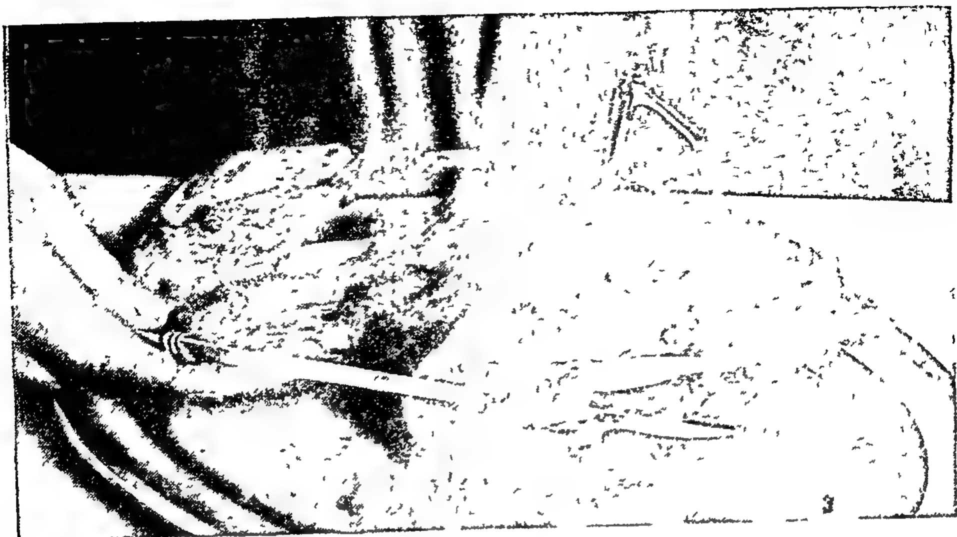
When both legs and wings have been removed the point of the knife should be run along the top of the breastbone on either side to enable the carver to remove the breast meat, but before this can be done in two pieces the breastbone should be cut across the front, D on the diagram above and shown in the illustration opposite

The breast itself should be lifted slightly towards the front and the two pieces of breast meat removed by easing them away from the bone The meat from the wishbone which has been cut away from the breast can be divided into two portions and served with the breast or as one portion.

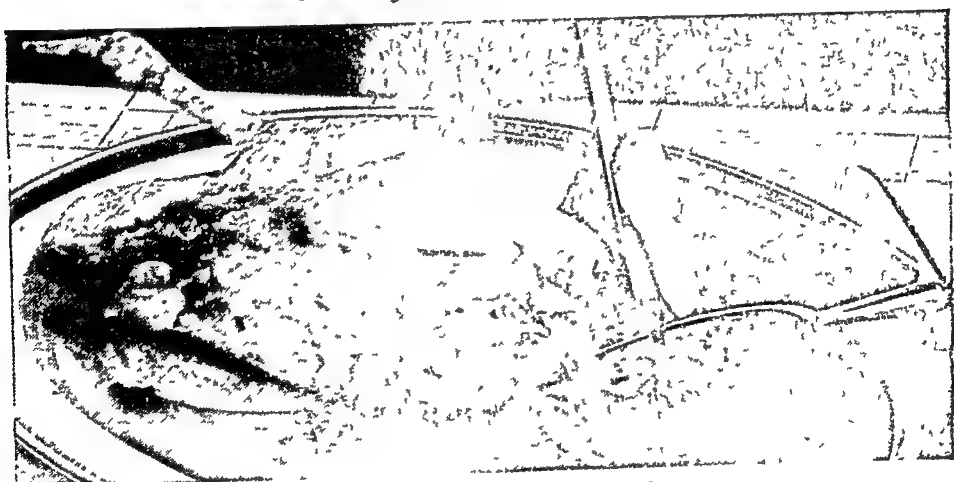
With some chickens the same method of carving is employed, but a different arrangement of portions. This is done when the bird is heavier and there is more meat on the breast.

In this case the legs should be divided at the joint into two, the meat from the wishbone given to the thigh portions and a slice of the breast from each side served with the drumsticks.

In this way eight portions are obtained, but this method is considered a family one and, when used, the portions are usually accompanied by either sausages or bacon and the bird is previously stuffed to increase the service.



Cut away the wing as illustrated



Cut across the front of the breastbone



This illustration shows the chicken completely carved

Duck

The carving of duck is very similar to that of a chicken, with the exception that fewer portions can be obtained from a duck apparently similar in size

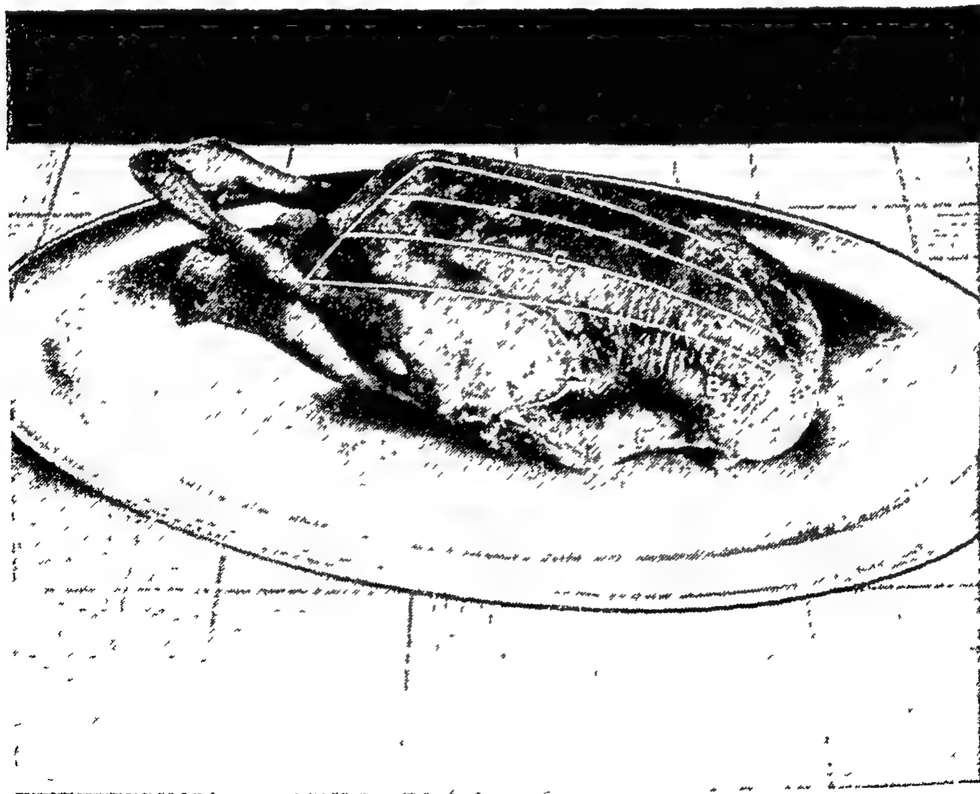
Young ducks have very little flesh on their breasts and what there is may be divided between the leg and the wing portions, thus yielding only four portions in all.

The illustration shows by diagram how the carving should be carried out.

The legs should first be removed in the same way as those for chicken (see A in the diagram) The wings should then be severed (see B in the diagram and in the illustration at the top of the page opposite).

After cutting through the wishbone section in the same way as for chicken, the breast should be sliced all along (see C in the diagram and in the illustration at the bottom of the page opposite), but where there is little flesh on the breast it should be lifted from each side and not sliced.

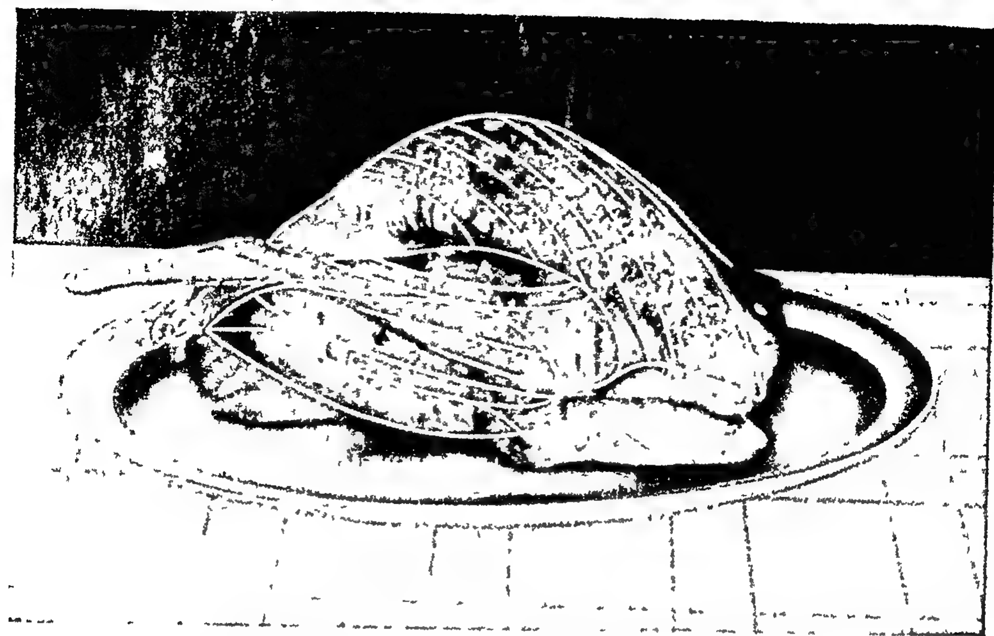
A wild duck should be carved in the same way, but, as there is usually more breast meat, slices should be carved from the breast after the legs and wings have been removed, and these should be obtained by starting at the wing end and slicing upwards with the knife curving towards the breastbone.



A detailed diagram of a roast duck and how to carve it

Cut away the wing of the bird as illustrated

Cut slices from the breast as instructions and diagram



A detailed diagram of a roast turkey and how to carve it

Turkey

A large turkey should be carved without removing the legs, and this is explained by the diagram. A start on the bird should be made by cutting two slices off the top of the leg (see A in the diagram).

Then slices should be taken from under the drumstick (see B in the diagram). Slice the meat from the inside towards the joint. The flesh can then be carved from the thigh (see C in the diagram).

When this meat has all been neatly removed, the carver should start on the breast, beginning at the leg end (see D in the diagram); thin slices should then be cut with the knife at a slight angle and these slices should continue through towards the wing (see E on the diagram).

It is most important that a very sharp knife is used which will cut easily through the skin, otherwise it is advisable to raise the skin from the breast before carving is commenced.

When serving, a slice of breast should be given with a slice of leg meat and a slice of stuffing and any other accompaniments prepared, such as sausages or bacon, bread sauce, etc , and gravy.

When one side of the turkey is carved the bird should be turned round so that the legs are towards the carver and this side should be carved in the same way as described.

The method given is the most practical and economical one for dealing with a large bird. When a smaller turkey is to be carved, it should be treated in the same way as a large chicken and the wings and legs removed (see illustrations). The legs should then be jointed, the thigh being carved in portions if size permits. The breast should be sliced thinly, and all portions served with the usual accompaniments.

Slice the breast as instructions and diagram

A small turkey is carved like a chicken

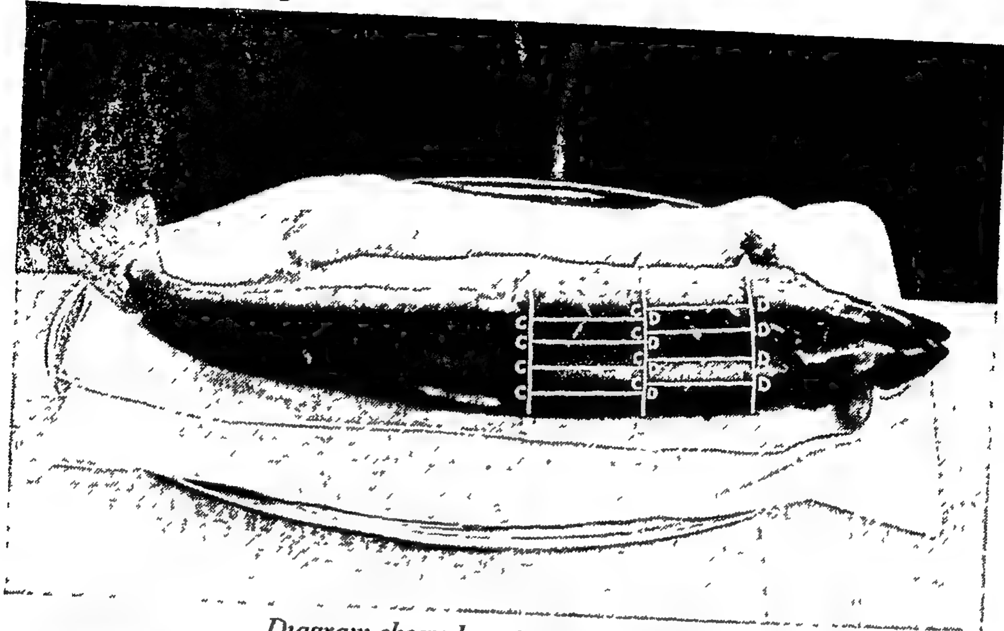


Diagram shows how to carve a salmon

Carefully lift out the slices with the aid of a fork

Fish

Large fish, such as salmon or salmon-trout, turbot and halibut, which have been cooked whole, should be carved at the table before serving.

Silver fish-carvers may be used, but a stainless knife is much better and is easier for the carver to handle, as the work will be carried out more quickly and the slices obtained will look more professional.

SALMON

When dealing with salmon the fish should first be cut across from A to B (see diagram and illustration).

The salmon should then be sliced across from C to D (see diagram). The portions cut in this manner will be neat and look appetizing and there should be no waste. When the whole of the upper portion is served, the bone should be removed and the lower section served in the same way without turning the fish over.

A large salmon-trout should be dealt with in the same way.

Small trout should be served whole. The bones can be avoided by placing the fish with the spine upwards, a cut should be made right along the back to the spine and the flesh carefully pressed away from the small bones by holding the bones back with the fork (see illustration). The spine bone should then be removed in one with the small bones attached.



How to remove the backbone of a small fish such as trout, mackerel and herring

The illustration above shows how to carve a turbot

Carefully lift out the slices with the aid of a fork

TURBOT OR HALIBUT

For turbot or halibut, the illustrations given opposite show clearly how neat portions can be obtained from large flatfish. The portions marked in the diagram should be marked out first on the fish with the point of the knife and then cut through and lifted carefully with the aid of the fork on to the plates.

When dealing with smaller fish, a full slice should be cut across the fish from the centre bone to the fins (see in the diagram) As with salmon the bone should be removed when the top portions have been carved, and the under portions carved in the same way.

SOLE

Sole should have the head and tail end removed after cooking A knife should then be drawn along the spine from the head end to the tail The fork should then be inserted between the bones of the spine while the other section is held back with the knife (see illustration) The flesh should then be pressed sideways so that the whole of the spine bone can be taken out in one. To remove the little fin bones, an incision should be made along the edge (see A in the illustration) The fish should be held back with the fork while the knife is used to press out the small fin bones, leaving the double fillet ready to serve without bone

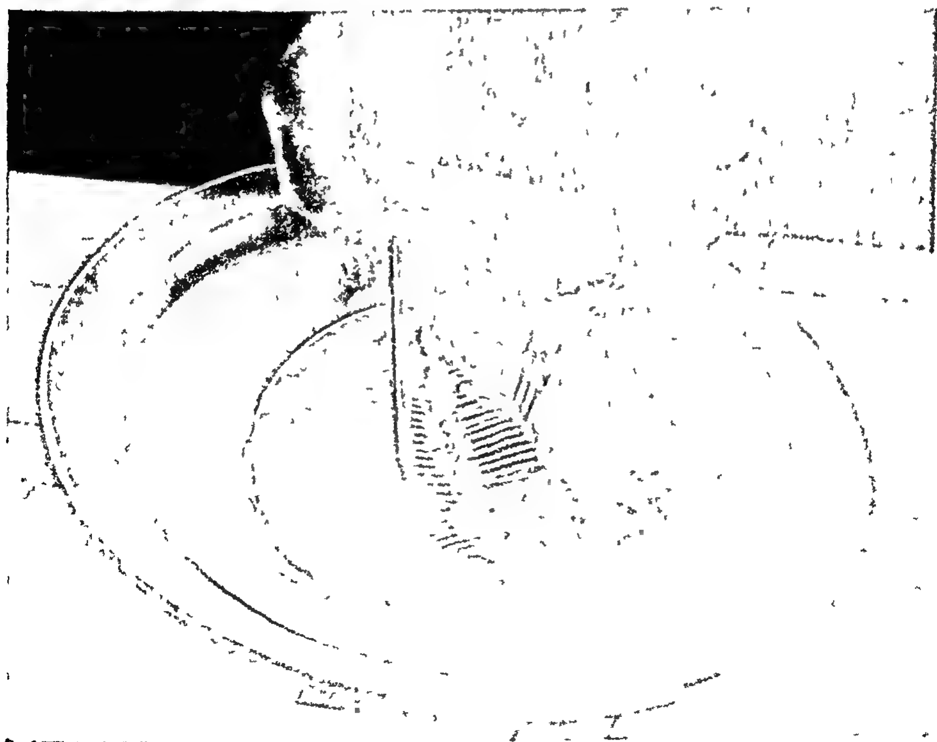


Illustration shows how to carve a sole

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